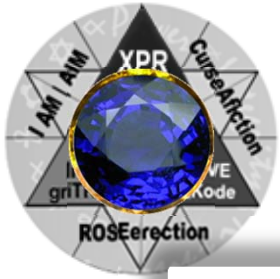


A community gathering to receive a code by which to know myself as One – Above and “Belove!”

Above	1	2	3	4	5	6
Belove	1	6	5	4	3	2

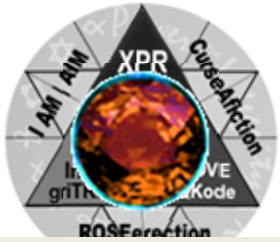
The PaRaDiSe Circle



# Acknowledgments

The books of *XPR* are a precious gift, in that they go to the essence – Know Thyself – in such a way that it can be retained. Many of its pages represent the distillation of an entire book, and lead to some in-depth courses: not only are its pictures worth a thousand words, but also its simple coding deliberately allows for a maximum amount of data exchange. You may wonder how this labor of love came about. *The Path of eXPiRe* was made possible by “the giants on whose shoulders of I stood.” Should *XPR* be a metaphysical Theory of Everything, the list of teachers is too long to be inclusive. As for the how... Although the perspective of revealing a global cosmology was rather daunting, the compassionate assistance of a being who ended her suffering – a goddess, truly – sustained its momentum. Her modeling of joy for no reason led to a curious phenomenon: the more honest I would become, the more the decoding would freely offer its voice and guide me to freedom. Simultaneously, the emptier “I” as a vessel became, the more the written word was fit to resonate with the individual as well as the collective. **The UnderStAnding of the One of “US” led me to read the One story of pain: just like you, I have looked for love in all the wrong places. Just like you, I have known loneliness, sadness, shame and a bit of anger. Just like you, I bleed when pricked.** As I found the courage to dive into the abyss and feel its archetypal darkness, I came out of the black w/hole with the memory of a voice that is unique, yet can be heard by all. Called *the Path of XPR (eXPiRe)*, it boldly answers the call with the foolishness and the wisdom of “here I am!”

*XPR (eXPiRe)* came to life through the support of my beautiful partner and co-founder of emPowering NOW LLC, Michael T. Wolf, of team member, Verena Aibel, and many other “student-teachers:” I am here today because of you.



# The PaRaDiSe Circle

“Won’t you please, please tell me what we’ve learned  
I know it sounds absurd; please tell me who I am.” *Supertramp Lyrics, the Logical Song.*

In Limbo	Feeling Forced	Stupidity	Self-Destruction	Sleepy/Tired	Irritation	Quitting
In PaRaDiSe	Mystery	Logic	Clue	Plain & Simple	Secret	Truth

Welcome to the *PaRaDiSe Circle*, a gathering of ordinary people doing shadow work to know ourselves and solve everyday problems. Our inquiry is based on the idea that the word is alive, and that language is where our Power lives.

Known as *eXPiRe*, this inquiry is radical, as it completes in the **Logic** that is missing for us to hear and SEE the soul of perennial truths, and surrender to the Mystery. Once the **Clue** given by the soul is **received**, who “I Am” is no longer a secret, as we are in our voice, and **Simply** emPowering the NOW!

Each time we honestly engage in *unlearning* our tendencies and feel how we are **In Limbo**, the cosmos rejoices. Each time we participate, we renew the **Under-Standing** that there is only One of **US**. We thereby increase our capacity to be **In PaRaDiSe**, loving what is and sustaining the “Sense of Enough.”

“**Receiving**” is the meaning of Hebrew word *QKabbalah*, the soul of the Teaching.  
**The PaRaDiSe Circle** is sponsored by emPowering NOW LLC.



# Circle's **Agreements**

Shadow Work	Power vs. Force	Assumptions	Shame Closet	A-Void-Dance	Comfort Places	U-Projections
Agreement	Permission	Clearing Space	Confidentiality	Presence	Growing Pains	I Own my XPR
Belove	1	6	5	4	3	2

The colored lines hold a geometrical QKode that outlines the stages of a given exploration in consciousness, e.g.; **Shadow Work/Agreement**.



**Shadow Work** is an invitation to empty the cup – and even to break it – so as to *QKabbalah* or “receive” Wisdom-Power. Here are agreements to keep us safe:

- 1. Permission:** I trust me when the dark night of the soul moves me into Fight, Flight, Freak or Freeze. I am here to risk entering the darkness, so as to bring light on how my misusing **Power** prevents the **Force** from being with me.
- 2. I own my eXPeRience:** I hear the use of **U**-words as marks of my **Projections**.
- 3. Growing Pains:** where I default to **Comfort Places**, I invite change → unease.
- 4. Presence:** I do my utmost to stay in my body, and not go into **A-Void-Dance**.
- 5. Confidentiality by request:** when I can't live with a wide-open **Shame Closet!**
- 6. Clearing space:** I check my **Assumptions**, when I think that something is off.



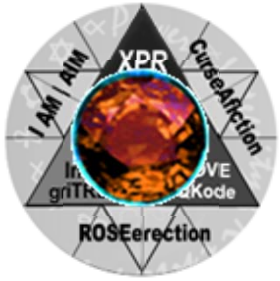
# eXPiRe Foundation

Foundation	Honesty	SIX Agreements	Sacredness	Geometry	Inquiry	Order
Belove	1	6	5	4	3	2

Surrender is the goal. When I can't fully accept me/you/we/it in the now, I use the understandings below to strengthen the foundation of my integrity:

- 1. Honest** is the cornerstone of communication: I can simply look at the results of my words to see if there is an alignment between what I *say* I want and what I *actually* have. When there is an alignment, I am telling the Truth.
- 2. The Order** of creation helps me track my motion in/out of truth: body follows mind. This is to say that, *until there is no more mind to follow*, I will often create "my" reality via limiting beliefs. These beliefs will then likely be felt or rather resisted as negative emotions. Resisting these emotions will in turn compel me to divided actions.
- 3. Inquiry** is the courage to reveal the agendas hiding the Truth or the understandings I seek to "receive." When I do, I naturally realign to my intuition. Yet agendas are like the silk scarves that a clown pulls out of his pocket: there never seems to be an end! Where will I find a form of inquiry radical enough for me to trust that there is an end to the BS?

The **Sacredness** of **Geometry** as the "measure of the **Earth**" can be felt on the next page. It is also what is behind this book's structure, and what transmits the teachings of the PaRaDiSe Mystery School. **Agreements** will keep me safe.



# Ordering **THE END!**

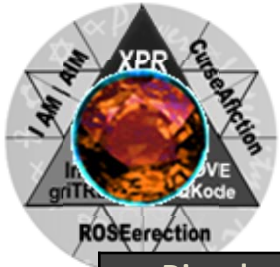


Hebrew word *Tiphereth* for “Beauty,” the name of the heart chakra (green “center”) at the core of the Biblical Tree of Life. It is superimposed on the Flower of Life.

Each “day” of **Organization** can be felt in its own page, e.g.; **the Self** on P17, **the Pillars**, on P33...

Disorder	Worrying	Lacking	Controlling	Hiding	Obsessing	Hoarding
Organization	The Self	The States	The Pillars	The Quadrants	The Stages	The GOD Hub

Consider the paradox: **Organization** supports creativity. Creativity asks to *fully surrender to chaos (Disorder)*. *ROGER that!* stands for “Received Order Given, Expect Results:” the **Order** is surrender. The results are no mind, no time or pure action. To this END, *eXPiRe* **Organizes** the keys of cutting-edge technologies of human development by opening first the main gate of the Eternal Now: the beautiful of Art. Once open, the ‘heART’ conveys the symmetry that naturally synergizes the twin gates: the good of Religion and the true of Science.



# Chapters & Imagination

Disorder	Worrying	Lacking	Controlling	Hiding	Obsessing	Hoarding
Organization	The Self	The States	The Pillars	The Quadrants	The Stages	The GOD Hub

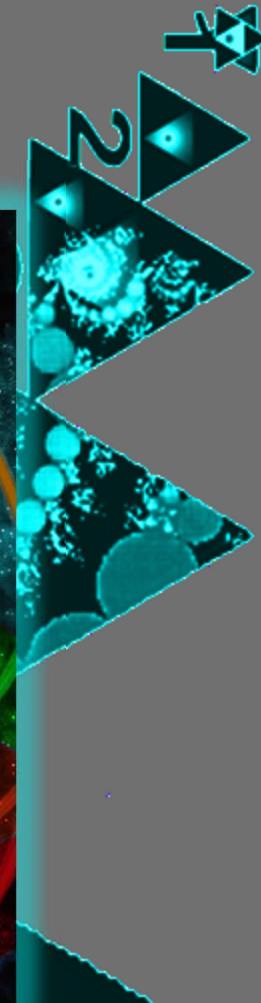
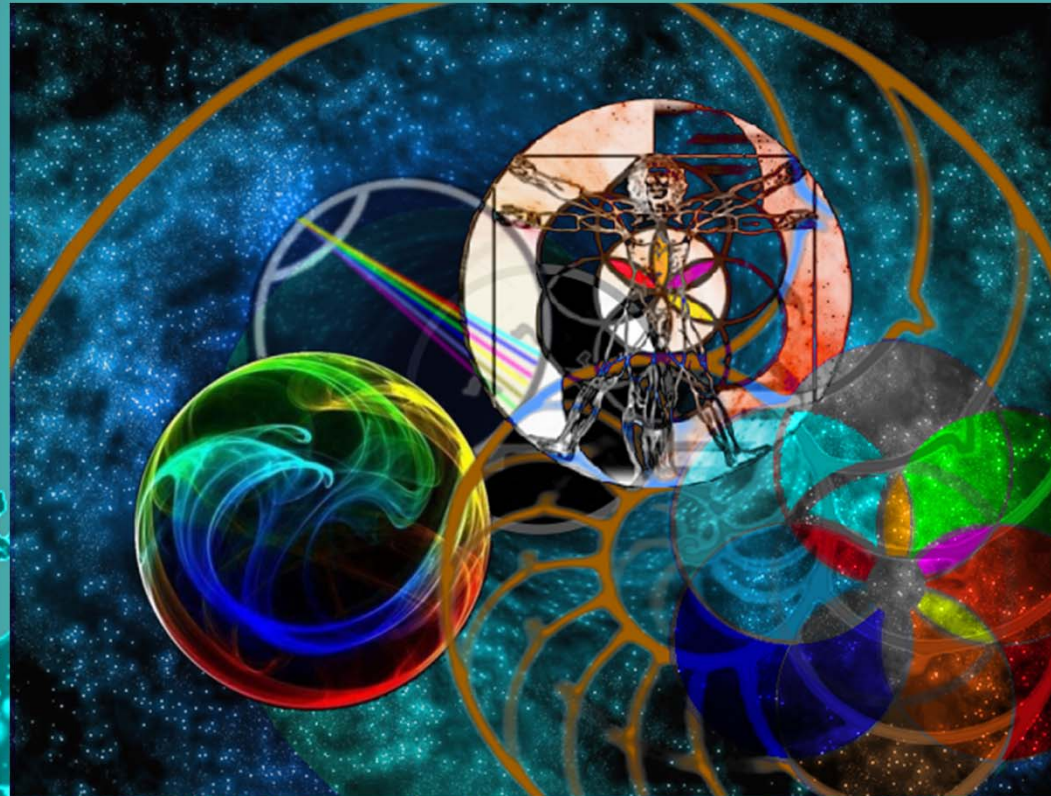
**Orientation:** being Primary – when my communication lands – is increasingly experienced as I feel into the **Disorder** that I keep around to block my creativity. **P8**

- 1. Worrying:** for now, it is as if a global event wiped out some of my memory and left a gap in the knowledge of **the Self**: I can't find Power or congruency! **P15**
- 2. Lacking:** what if a childlike vision of numbers allowed me to be true to my Word (accountability) and to own the enlightenment State that I'm prone to lose? **P24**
- 3. Controlling:** the interpretation of the scriptures that has worked to split spirit and matter is reframed by **the Pillars** that restore the Sacred Feminine in all. **P32**
- 4. Hiding:** language is a conduit of revelation, to allow for the cooperation of FOUR Forces and FOUR Motions, in **Quadrants**, to redirect my "psychoBABEL." **P40**
- 5. Obsessing:** hearing the depth of John 1:1, "in the beginning was the Word, and the Word. . ." leads me to receive letters as **Stages** of development. **P48**
- 6. Hoarding:** I can be aware that REST IS, even as it reorganizes into RESIST. Such awareness is found on the **GOD Hub**, and is key to my generativity. **P56**

**Appendix:** ALL you've always wanted to know about *eXPiRe's* **Organization**... **P64**



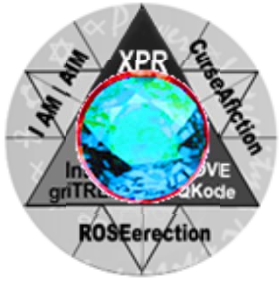
# Orientation



Disorder	Worrying	Lacking	Controlling	Hiding	Obsessing	Hoarding
Organization	The Self	The States	The Pillars	The Quadrants	The Stages	The GOD Hub

Being Primary – when my communication lands – is increasingly experienced as I feel into the Disorder that I keep around to block my creativity.





# “Common” Sense



Hebrew word *Shema* for “Hear/SEE!”

The *Shema* is the credo of Judaism, and the core of the three Abrahamic religions.

Not Sensing	Sixth	Smell	Hearing	Taste	Sight	Touch
Making Sense	Generosity	Best Knowledge	Contemplation	Exertion	Acceptance	Discipline

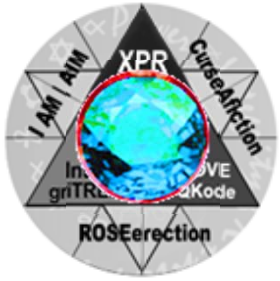
It makes no sense: why am I setting myself up to perceive lack, by looking for LOVE where it is not; *out there*? How can I stop the false sense impressions, when I won't turn *within* to hear the inaudible and see the invisible? I'm afraid to look – in the dark. And what if I came to *the end* of my search? What then? I just prefer writing the story of pain, a story we all share. Knowing that, can we feel the need for *common* sense, and for One Language, by which to **Hear** and **SEE** THE END of story, and move into the silence that heals all?



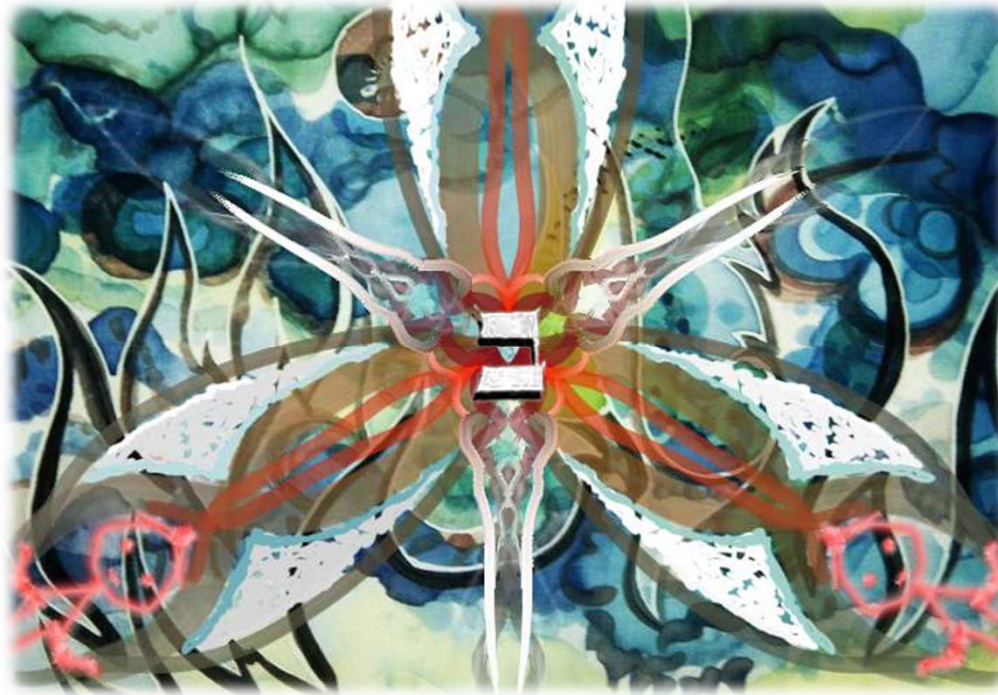
# The Power to Create

All cultures use creation myths to attempt to answer the questions we all have on the origin of the Universe: what is real? What should I do? What is my purpose? Who am I? According to the Egyptians, in the beginning was darkness, water and the great god Atum. Surprisingly, the Hebrew Bible has two creations stories: the first one features a **primary Adam** that has dominion over everything. Created male and female, s/he knows no lack! As for the **secondary Adam**, his separating from a “God” out there makes him so blocked and powerless that he eventually has to be put to sleep to meet his woman! Dreaming that he is a man, and not a “woman,” he is deep in the illusion of separation. **These Adams (atoms?) appear randomly, with distinct beliefs on creation. Primary Adam is into Simultaneous Creation: s/he can choose, consciously or not, to observe either a wave or a particle. As for secondary Adam, he only knows of Gradual Creation through an external “God” acting as a prime cause.** The Bible’s two creation theories are transmitted as color-coded lines or “fractals,” for me to understand how the origin of the Universe – or “the World” – is in the Word. Once I hear/SEE its decoding, I have more courage to take back all my projections, go within, and at last answer: is there an out there *out there*?

Gradual Creation	1	2	3	4	5	6
Simultaneous	1	6	5	4	3	2



# Books & Bible



The Hebrew sign *Beth* for “house” evolved into the Roman letter B of “Blessing.”

Above	1	2	3	4	5	6
Belove	1	6	5	4	3	2

The two biblical creation theories tie into the quest of science to understand the origin of the universe. Such quest is inquiring on who is the “I” that sources the **world**: what is the consciousness creating this or that? While A is 1 or LOVE, B is 2 or divided between the one and the other, **Above** and **Belove**. Beth is the image of a house, or that which splits inside from outside. Beth draws a line which at once contains and excludes. As such it is the Word that creates a container for one consciousness or reality, and excludes another!





# PaRaDiSe & Self-Disclosure

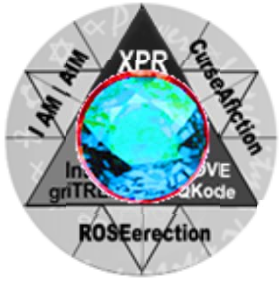
In Limbo	Feeling Forced	Stupidity	Self-Destruction	Sleepy/Tired	Irritation	Quitting
In PaRaDiSe	"Mystery"	"Logic"	"Clue"	'Plain & Simple'	"Secret"	"Truth"
<i>Pardes</i>	tbd	<i>Derush (D)</i>	<i>Remez (R)</i>	<i>Pshat (P)</i>	<i>Sohd (X)</i>	tbd

Our circle is strangely named "PaRaDiSe," in honor of the "FOUR." Story is told of four courageous rabbis of the Mishnaic period (1<sup>st</sup> century CE) who knocked at the door of the *Pardes* to find "Paradise," and be fluent in the PaRaDoX – in "God's" language. This attainment is traced in the FOUR-lettered word *Pardes* (פֶּרְדִּים) for "orchard," also an acronym for four levels of understanding. *When I UnderStand that there's only One of US, I stop "doing the same thing expecting different results."* Also, *when accepting that there is no one out there, I recognize that what I am reading in a text is the consciousness that I occupy.* To ease such self-disclosure, the *Pardes* (Roman script PRDX) opens up as a FOURfold acronym: letter P is for *Pshat*, a "plain" Earth-based meaning; letter R is for *Remez*, the "clue" granted by the water of our emotions; letter D is for *Derush* for a "logic" that is Air-tight, and letter X is for *Sohd*, the "secret" that I find by going into the Fire of my intuition. Revealing hidden agendas is how to be One with the heart, and thus open to Plain & Simple, get a clue and come to pristine logic.

What is my current PaRaDoX? What am I not "UnderStanding?"

This book's chapters also link to a personal issue, e.g.; chapter 2 to Money, chapter 3, to Sex, etc.

Personal Issue	Authority	Money	Sex	Food	Family	Purpose
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# PaRaDiSe & the Observer



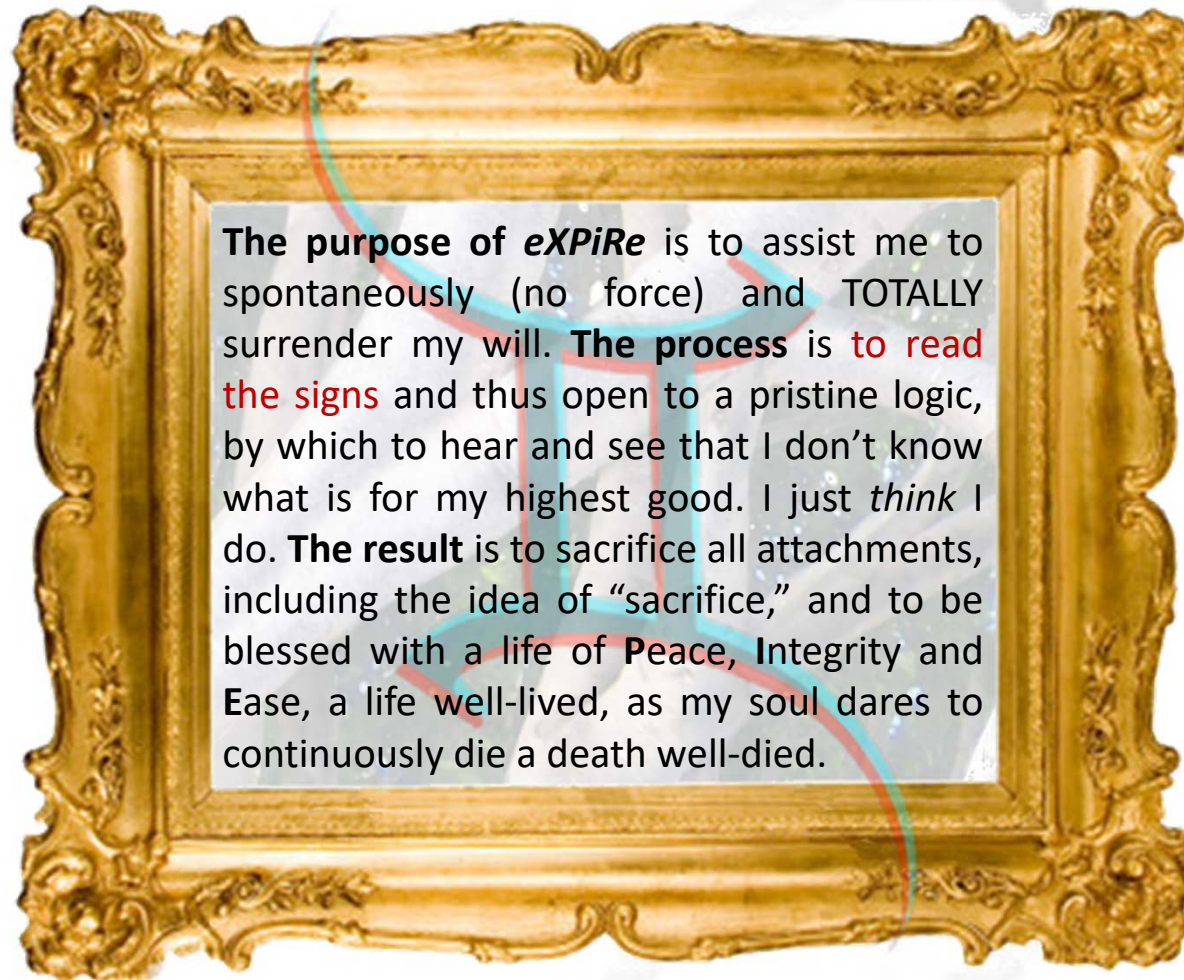
The Eye of Providence or the all-seeing **eye** of “God,” watching over mankind.

Hebrew word *Chazon* for “Vision”

Judgment	Comparisons	Exaggerations	Sarcasms	Complaints	Advices	Regrets
Vision	Honesty	Commerce	Play	Well-being	Autonomy	Self-Realization

Experiments in quantum physics have shown that what is being observed in nature depends on choices made by the observer. Why is it therefore that “eye” would choose – consciously or not – to observe lack rather than plenty? Enlightenment is seeing black *and* white, a dead cat *and* an alive cat *at the exact same time*. I then speak in the language of paradox, and communicate with “God.” **When I accept that there is nothing out there, and that any Judgment that I make is self-judgment, what I am reading in the “text” of life is the consciousness that I occupy.**

## TWINS = Thy Will Is Not Separate!



**The purpose of *eXPiRe*** is to assist me to spontaneously (no force) and **TOTALLY** surrender my will. **The process** is to read **the signs** and thus open to a pristine logic, by which to hear and see that I don't know what is for my highest good. I just *think* I do. **The result** is to sacrifice all attachments, including the idea of "sacrifice," and to be blessed with a life of **Peace, Integrity and Ease**, a life well-lived, as my soul dares to continuously die a death well-died.

The more I surrender, the more I "read" the signs, and see what is. The more I read the signs, the more I surrender. Painful expectations and distorted sense impressions clear: now my eyes open to seeing the inaudible, and my ears, to hearing the invisible.

♪ **Heaven, I'm in *havin...***



# Dancing the Limbo

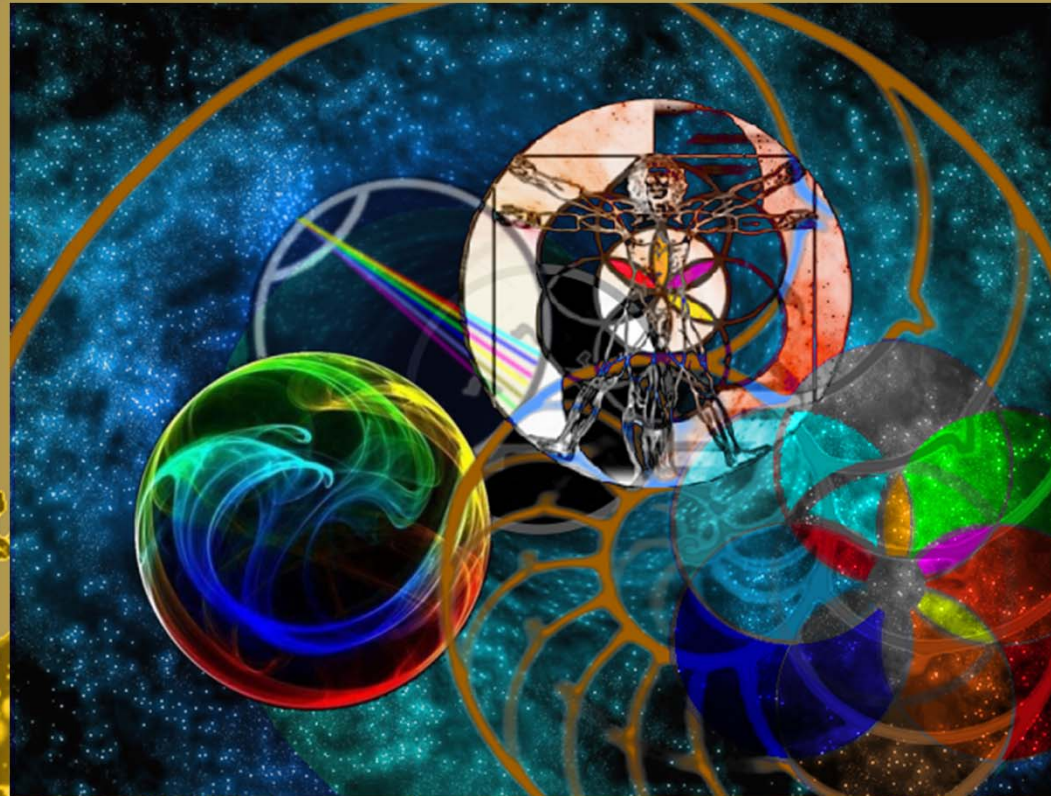
In Limbo	Feeling Forced	Stupidity	Self-Destruction	Sleepy/Tired	Irritation	Quitting
Disorder	Worrying	Lacking	Controlling	Hiding	Obsessing	Hoarding
Organization	The Self	The States	The Pillars	The Quadrants	The Stages	The GOD Hubs
In PaRaDiSe	Mystery	Logic	Clue	Plain & Simple	Secret	Truth

The following is offered for me to be emPowered to be circling in PaRaDiSe, as I increasingly read and recognize the “sure signs” that I am In Limbo:

1. **Feeling Forced** is a sure sign that I am resisting the **Mystery**. Yet, it is the place where I meet **The Self**, the key to my not **Worrying** about the future.
2. **Stupidity** is a sure sign that I am resisting the **Logic** by which to let go of the Belief System that binds me to **Lack**, and from maintaining the enlightenment **State**.
3. **Self-Destruction** is a sure sign that I am resisting getting a **clue**, not feeling how I am *trying* to be **Controlling** of you, me, or “IT” – the very Pillars of my Temple.
4. **Sleepy/Tired** is a sure sign that I am resisting **Plain & Simple** as the chief aim in my speech: might my **Hiding** agendas not be as fair and square as **Quadrants** are?
5. **Irritation** is a sure sign that I am resisting revealing a **Secret** and be done with it: might my **Obsessing** with the past serve to stunt my growth from **Stage** to stage?
6. **Quitting** is a sure sign that I am resisting knowing the **Truth**: how is my **Hoarding** and not letting go of the BS keeping me from being free in **the GOD Hubs**?



Worrying



& Authority

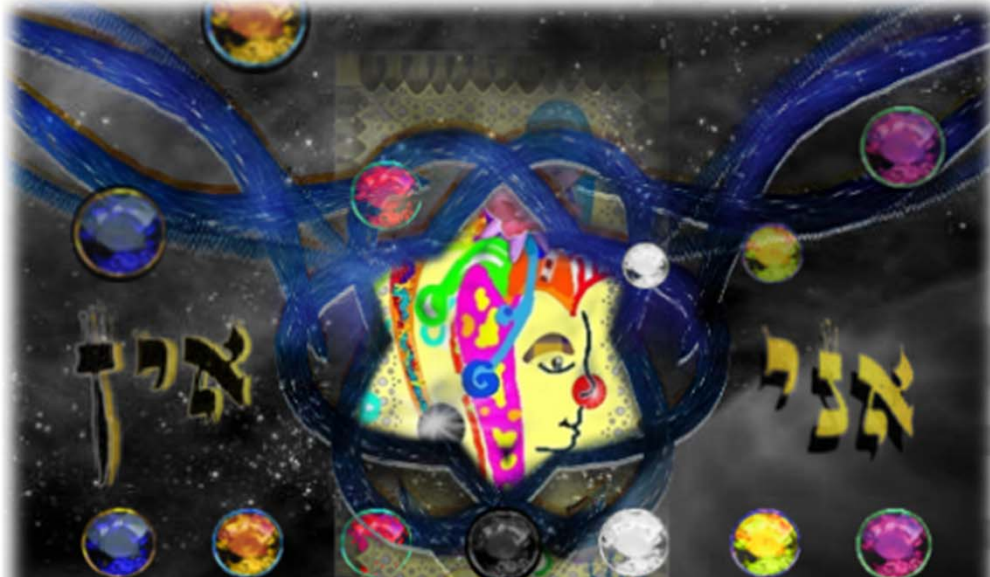
Disorder	<b>Worrying</b>	Lacking	Controlling	Hiding	Obsessing	Hoarding
Organization	<b>The Self</b>	The States	The Pillars	The Quadrants	The Stages	The GOD Hub

For now, it is as if a global event wiped out some of my memory and left a gap in the knowledge of **the Self**: I worry that I won't find Power or congruency!





# The Self & Personal Jester



Right: Hebrew word *Ani* for the pronoun “I,” as the Self. Left: Hebrew word *Ain* for “nothing.”

The same Hebrew letters (English A.Y.N.) write the two words, to say: “when I know that ‘I’ am a Fool, I have a ball with life, as I take NOTHING personally.”

Ignorance	Screech	Split Mind	Lost Soul	Pain Body	Broken Heart	Forsaken Spirit
Knowledge	Voice	Mind	Soul	Body	Heart	Spirit

“HUEmorous”	Golden Wax	Red Blood	Black Bile	White Phlegm	Yellow Bile	Bone Marrow
Elementary	Black Ether	Azure Air/Metal	Blue Water	Brown Earth	Red Fire	Green Wood

Consider: when I change my viewpoint, I die to who I *think* I Am; I “eXPiRe!” XPR is a root-verb forming several Hebrew words, one of them being *Sappir* for “sapphire.” Each section of XPR’s books is color-coded with a different sapphire. Each “HUE” invites me to humor my one-sided **Ignorance**, until I **know** how multi-faceted I am. I then experience another way to look at “it,” as per nature’s colors: **Elements** are for the world *without*, and **Humors**, for the world *within*. When I change my perspective, what I say and see changes...



# PsychoBible

Sciences of human development have established that infants are multimodal, as they have the innate ability to give and receive information. However, they add, the infant loses wholeness as language is learned, since the abstraction of words prompts the mind to become primarily analytical.

Once I make a distinction between *mine* and *yours*, I split subject and object; and me and me! Afraid that I wouldn't get what I want or that I'd lose something, my words and actions *try* to secure my own position. *The more I am moved by fear, the deeper I go into the illusion of separation. I now believe that I did something wrong, that I've fallen and that I'm damaged goods!* Language is indeed the most powerful, dangerous and dicey gift ever devised by the cosmic forces. It is an ultimate act of Power, as it allows me to decide how to tell the story to create a specific result. I can know that my speech is or was directed by confusion and domination, when I feel disconnected and, the biggie, **lonely**! What I am really **resisting**, while simultaneously **desiring** it, is **Aloneness** /"ALL Oneness."

Consider: while I desire [your pick out of the **Desire** fractal], I also resist it!

"In the beginning was the Word:" while language started the problem, can it also be that which will bring it to an end?

Resistance	Loneliness	Sadness	Shame	Fear	Hatred	Anger
Desire	Aloneness	Freedom	Satisfaction	Integrity	Transformation	Consciousness



# Wholesome Power



Hebrew word *Geburah* for "Power."

Inaudible Force	Anxiety	Control	Self-Pity	Possession	Severity	Destiny
Visible Power	Darkness	Preservation	Destruction	Wealth	Creation	Knowledge

Q. All ancient traditions allude to a great Power that lives in everyone and everything, a **Power** by which to transcend any challenge. Yet, it is as if a global event wiped out our memory and left a gap in our knowledge base. Where do we find the lost symbol by which to interface with the cosmic **Forces**, heal our bodies, and abort the major tragedies that humankind is now facing? A. *Do not pass go nor collect \$200, jump to P22!*



# PsychoBABEL

This global event is known in the Hebrew Bible as *the Tower of Babel*, which sourced the confusion of languages. The story originated in the Sumerian myth of *Enmerkar* who built a huge ziggurat, and implored god Enki to disrupt the linguistic unity of the lands. It is also in the *Qur'an*, the Book of Mormon, the Toltec, Mongolian, Greek, Australian, African, Apache Indian literatures, and more. **Why is it one of two universal myths (the Flood being the other)?**



The myth addresses the loss of authentic relating (One Language), from the pride of erecting a Tower to compete with “God.” To ground the myth into practicality, each time my words hide a calculation for my own advantage, I end up confusing tongues and estranging me from others. Yet where is the One Language? Being the only symbolic alphabet that has not changed form since inception, Hebrew is an ideal guide to help me transcend time. The “Way” of *Torah* (the Five Books of Moses in Hebrew) gives me pairs of male/female animal signs (affectionately termed “S/Hebrew”) to balance Martian and Venusian speech acts. The result is to own my confusion and thus stop projecting my stuff on “you.” The split tongue of competition is now moved into cooperation by a visible language of Oneness.

Illustration: one of the “TORA/TARO” cards used on *the Path of XPR*: the pride causing the fall of the Tower of Destruction – the 16<sup>th</sup> tarot – is rendered by the “Top” hat. The Tarot is linked to 17<sup>th</sup> Hebrew letter Peh, for “mouth.”

**Its prompt: what will it take for you to ask and answer the only question; who am I?**



# Insanity & No Peace

When an insane pattern repeats, there is a lesson I resist, such as this of Cooperation. Here are the SIX Steps of how to let the world smooth out the stone of my Babel-like Competition, restore Peace, and contribute to the emergence of an aware civilization, by just being.

Note: the stages of Competition were felt out of decoding the myth of the Tower of Babel (*Gen.11:1-9*).

1. **We acknowledge** that there is something we do not *understand*, when our mind, instead of abiding in peace, turns insane and misuses Power, just to prove its **worth**.
2. **Have observed** that a Power greater than ourselves (usually termed “God”) restores us to Peace the moment we come to UnderStUnderstanding what causes us to be **scattered**.
3. **Search** to hear and see the agendas that promote **estrangement** and prevent us from gracefully coming into total acceptance of what is.
4. **Continue** searching the actions and reactions of our shadow Self, honestly and fearlessly admitting the errors of our ways as we go, and thus clearing our **confusion**.
5. **Mend** our ways by following a thread, each stitch making beauty as it closes a wound, while emerging with less to lose or to prove – less **armament**.
6. **Communicate** this message of Cooperation by simply substituting the Sense of Enough for any inappropriate egoic **Erection**, and practicing justice in all our affairs.

Competition	Worth	Erection	Armament	Confusion	Estrangement	Scattering
Cooperation	Acknowledge	Communicate	Mend	Continue	Search	Observed





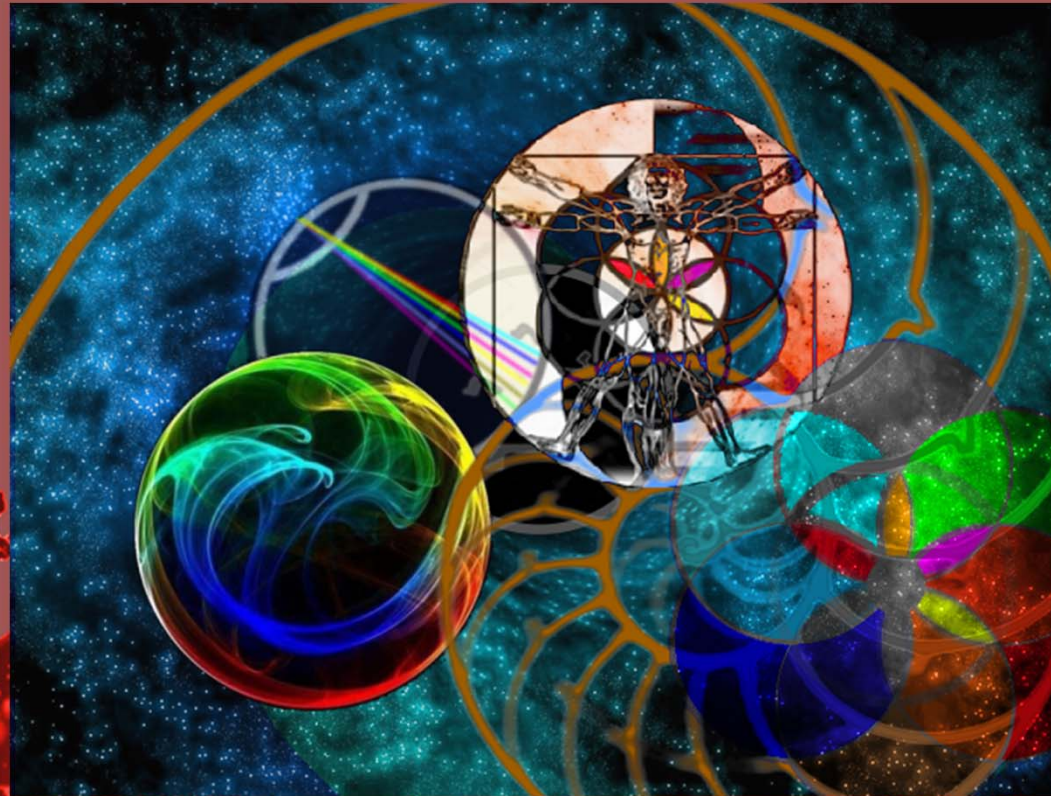
# Proclaimed & “Received”

**This Proclamation** is made to thank the Jewish people for their unflinching courage in the face of the pain they had to endure to insure that the gift of the Holy Torah and of its Hebrew alphabet would remain uncompromised. This proclamation is also made to free Hebrew from the attachment that tends to link a language to a people, e.g.; Latin, as the property of the Romans. **Being neutral, some languages, such as mathematics or music, are deemed to be comprehensive: no clan can make a claim as to their ownership.** Optimally, any discipline serving a vast ecumenical endeavor belongs to no gender, no race, no nation, no tradition, no organization, but only to life itself. Yet, it is out of nothing that something is compelled to come into being. Why? At the root of the evolutionary tension is a divine plan orienting the collective towards love and the embodiment of wisdom. The path leading to such a destination is to be accessible to all and owned by none. Since sentience rests upon the transparency of no hidden agendas, the revealed decoding of Torah *as my decoding* naturally positions Hebrew from being given to Judaism, to being “received” by the whole (including by the Jews). The more *eXPiRe* sources the mathematical intention underlying the signs of the Torah as what is behind the aesthetics of order, the freer Hebrew is to resonate universally. Surprise, surprise: as the wondrous realization of oneness is increasingly felt from within, the collective soul is uplifted with a mystical knowing akin to discovering...

$$E=mc^2$$



Lacking



& Money

Disorder	Worrying	Lacking	Controlling	Hiding	Obsessing	Hoarding
Organization	The Self	The States	The Pillars	The Quadrants	The Stages	The GOD Hub

What if a childlike vision of numbers allowed me to be true to my Word (accountability) and then to own the enlightenment **State** that I'm prone to lose.





# The States & a Green Light



Hebrew word *Aur* for “Light.” *Birdei Aur* is the “body of light.”

State	Altered	Deep Sleep	Dreaming	Waking	Conscious	Immortal
Body Stage	Shame	Causal	Subtle	Gross	Witness	Light

**States** are given and free, e.g.; **Dreaming** or **Waking**. Yet they come and go, even **Deep Sleep** can be lost! To sustain peak experiences such as being fully **Conscious**, I must “receive” the States by *earning* each **Stage** one at a time. This process is known as “redemption.” Once a stage is earned, it is owned as the only piece of REAL ESTATE that I will ever take with me when I leave the body. En**Light**enment will not happen *because* of my doing, and yet, it won’t happen *without* my doing! Numbers are here to assist me keeping my walk and talk honest, and thus **Conscious**.



# The Land of Milk n' Money

“When I occupy the center of my integrity, Scare City disappears, and Abundance appears.” *eXPiRe proverb*

Abundance is the way of Nature! Thus, why would I cut me off from what is innate in me? Why believing in a “God” of Strict Limitations, pay tributes to Him, and live by His laws? Why being influenced by a marketing saying that I need something to be happy, and that, to top it all, “it” may be above my price range? The answer is simple: I’m just afraid to be an artist of life, and to create, explore, discover that I am blessed, and able to “fruitfully multiply!” I am in fear because I know I am taking back my will at every turn, staying in jail, and running from the “IT” of reality as quickly as I can: anything not to surrender! And yet, if there’s one thing true artists know, it is that, in the space-time of creating, they must let go of everything: therein is mastery! When all artists live by Da Vinci’s wisdom: “one can have no smaller or greater mastery than mastery of oneself,” and everyone else by Picasso’s wisdom: “all children are born artists, the problem is to remain an artist as we grow up,” the spell of **Scarcity** will be lifted from the collective, and the song of **Abundance** will resonate throughout the land.

When needy for \_\_\_\_\_, I block my creativity, as I’m afraid to go outside the box.  
 When I close the “I”/ eye by which [**Abundance**], all I can see is [**Scarcity**].

Scarcity	Confinement	Breach of Faith	Stagnation	Defensiveness	Devastation	Insatiableness
Abundance	I invite a limIT	IT lets go of me	I immerse in IT	I discover IT	I locate IT	I recognize IT



# The Romantic DREaM



Hebrew word *Chalam* for to “dream!”

The letters (HLM) rearrange as *Lacham* (HLM) for “war.”

HELLusion	Separation	Recognition	Retaliation	Service	Power	Enlightenment
IS-REALity	Unknowns	Beliefs	E-motions	Actions	Language	One Will

One day my prince will come, and he will meet all my needs, and fulfill all my desires. Clearly I am not quite ready to wake up from the dream, and own that it is my work to love, approve, **Recognize** and complete myself; never yours! Yet being ready for Truth would involve going inside to find the missing piece of my puzzle; it seems easier to be a slave to my longing to be loved! This illusion of **Separation** between above and below, within and without is what makes my “**HELL**,” as it leads me to stay confused, while I keep on searching *out there*! I don’t get it: why am I always failing to find what I need?



# Noah's "PAIRfection"



"But Noah found grace in the eyes of the LORD God." Gen. 6:8

9	8	7	6	5	4	3	2	1
Complete	Ordering	Engaged	Rising	PAIRfect	Safe	Changing	Divided	Open

The story of the flood is the first of two universal myths; the second being *the Tower of Babel*.

Do you see the shadow of an eagle (top right), formed by two hands joined at the thumbs? Now looking at the rainbow line, do you see the first nine digits? The word "digit" comes from French *doigt* [[doo-uh] for "finger."

The Hebrew alphabet is "PAIRfect:" it invites male and female letters to work in polarity.

- **The traditional story:** observing that the earth is corrupted with greed, "God" decides to flood the earth and destroy all life. Noah is spared, as he "was a just man, blameless in his generation, and who walked with God." Noah is instructed to build an ark, and to bring on it "two of every sort [of animal], male and female" and their food.
- **The decoding:** the Hebrew for "Noah" is a two-lettered word, whose signs will evolve into Roman N & H. Reversing pair NH into HN gives the word *Chan* for "Grace" to know that ALL is – and thus that I am – PAIRfect. Knowing that the word *Tevah* for "ark" also means "word" says that the pairs of "animals" who entered Noah's Ark address the life of the Hebrew letters, created male and female to help my being fruitful and multiply.

Consider: when I do not like the results of my communication, I am in an *either/or*. Either my right hand (male side) doesn't know what my left hand (female) is doing, or the reverse.



# Healer, Heal Thy Either Or!

‘No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both “God” and Mammon.’ *Matthew 6:24*

Serving *Mammon* the beast increases the gaping hole in my soul. Yet isn't it what I do when I deny that I am the One, and let the other be the author of my life? I believe and live in Scare City: “the economy makes it hard to sell my gifts.” Yet what I am really saying is: “I make it hard to sell my gifts.” Truth is that I don't *buy* me nor believe me. I neither trust in “God” or in my goodness. I am blind to how I prostitute my truth, and sell my soul to a lie! Moreover, while projecting my fears of the material world onto “money,” I don't have to inquire on how the greed of the collective has infiltrated me, or on what to do about the money changers squatting in my temple. Mostly, I can't hear that the key to Power and Prosperity is **ethics**: selling a creation (communication, product or service) is **ethical** to the degree that it is received as valuable by the buyers. Ethics is synonymous with religion, from *religare* for “bound to the light within.” While I serve *Mammon*, Hebrew for “money, yearning,” I am looking for LOVE *without* in lieu of where I could find it – *within!* Is it surprising that I'd fear being without?

When afraid of [**Fear**], I'm lacking the integrity that [**Integrity**] with LOVE.

Fear	Speaking	Death	Rejection	Loss	Aloneness	Failure
Integrity	Resonates	Elucidates	Feel-Believes	Redeems	Evolves	Empties



# Honesty & Numbers

9		8		7		6		5		4		3		2		1	
Complete		Ordering		Engaged		Rising		PAIRfect		Safe		Changing		Divided		Open	
9	Th	8	H	7	G	6	U V W	5	E	4	D	3	C	2	B	1	A
90	Z	80	F P Ph	70	O	60	X	50	N	40	M	30	L	20	K	10	I J Y
900	Z f.	800	P f.	700	N f.	600	M f.	500	K f.	400	T	300	S Sh	200	R	100	Q

Numbers keep me honest, e.g.; stepping on a scale, or reading a bank statement. This is how they are resisted as “serious.” I’d rather *try* to control my health and wealth than surrender my will! Full of doubt, I cannot know how health and wealth are the result of faith! I next justify my dislike of numbers by judging that quantifying can become obsessive. Truth is: I create problems by *thinking* I have time, and not *honestly* making time count! When I do, time disappears to allow for a life spent in meditation, when both hands are at One:

- The “QKabbalah of the Nine Candles” – the table above – combines the 22/5 Hebrew signs via the female way of **linking** nine digits horizontally, and also the male way of **ranking** them vertically, in three rows: 1. digits (mental), 2. tens (emotional), 3. hundreds (physical world).
- The thumb conveys the will: when my thumbs are joined, I am surrendered. I experience pure action or enlightenment as **5** Top 10 “**PAIRfections**” (10=5+5), when I am at once **1 Open and 9 Complete**; **2 Divided and 8 Ordering**; **3 Changing and 7 Engaged**; **4 Safe and 6 Rising**.

Locate the letters **NHS**, and calculate their value. Note: Roman letters **NHS** come from Hebrew נחש, read as *Nachash* for “snake.” Now locate the letters **MSYH** and calculate their value. Note: Roman letters **MSYH** come from Hebrew משיח, read as *Mashiach* for “messiah.” **What is the psychic hint given by Hebrew?**



# The Sounds of Silence

Commerce	Buy/Sell	Lend/Borrow	Earn/Steal	Save/Spend	Find/Lose	Give/Take
Silence	Stillness	Non-Planning	Non-Reacting	Consecrating	Non-Initiating	Abundance

Would greed, the root of ALL evils as excessive love of Power and money, even exist if I weren't so attached to my poverty mind? At the root of every transgression, there is a fear: I blame money – a symbol – for making me feel not enough. I wear a mask to pay the bills, expecting to either use or get used, to cheat or get cheated. I'm gonna make *them* pay! This petty mentality is so painful that I want to be found out, and, once and for all, go out of business. Yet, letting go is even more terrifying, and so, I *talk* myself out of it, one more time, and tell the story of "if only I had the money, I could follow my bliss..." If I'd believe that I could see anything created, would I be greedy-needy? The interplay of speech and silence is the "rest" of the *Shabbat*, when I drop the story, and let creation happen through me and not by me. This is how the Torah is without vowels to allow for existential **Silence**.

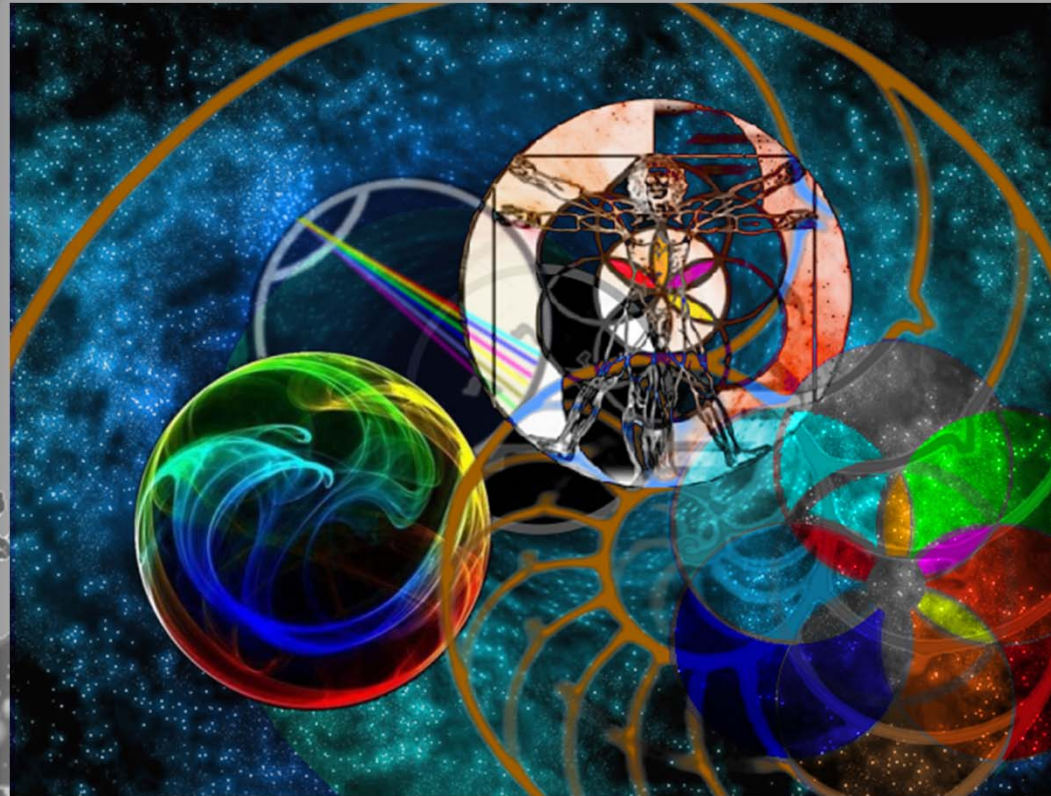
Do you love your life? Do you love what you do for a living?

Do you have thoughts that you owe, or are owed?

Consider: when I am ready to go out of business (and thus let go of *trying* to make something happen), I am **Still**, and know who I Am.



Controlling



& Sex

Disorder	Worrying	Lacking	Controlling	Hiding	Obsessing	Hoarding
Organization	The Self	The States	The Pillars	The Quadrants	The Stages	The GOD Hub

The interpretation of the scriptures that has worked to split spirit and matter is reframed by the Pillars that restore the Sacred Feminine in all.





# The Pillars & the “ThREE”



Hebrew word *Etz* for “Tree,” for the biblical “Tree of Life” which is a Tree of Birth, until I consciously eat from the “Tree of the Knowledge of Good and Evil,” as the Tree of my ego Death.



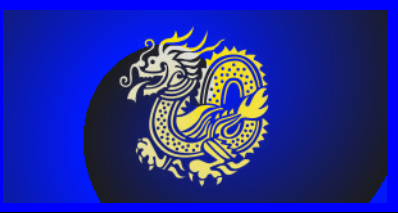
The TREE of Ignorance	Male desires to do “EVIL”	I wage a WAR of Sexes	Female resists to do “GOOD”
The Tree of Knowledge	Male desires “GOOD”	I make LOVE	Female resists “EVIL”

Is the idea that a tree might have circuits puzzling? Consider: a **TREE** resembles me in many ways: my arms and legs are its branches, my head and hair are its roots, my skin is its bark, my blood is its sap. Its power runs alternatively on **ThREE** circuits or pillars, joining the right and left sides of my brain to my heart, for me to be “integri**TREE**” – natural integrity:

- 1. Magnetic (-) / left hand / Your [fixed] Will:** this is how my words *try* to control you: “you should visit me more often!”
- 2. Electric (+) / right hand / My [free] Will:** this is how my words *try* to control me: “I should visit you more often!”
- 3. Electromagnetic (+/-) / joined hands / 0/1 Will:** this is how I surrender to Truth: “I should visit *me/Truth* more often!”



# The Power of ThREE

Power of Three	No Individual Power	No Symbolic Power	Bound to Collective Power
Invisible Force	Severity	Control	Self-Pity
The Biblical Trees have A Lion Pillar A Star Path A Dragon Pillar			
Temple's Pillar	Yang/Male Lion	Tao/TWIN Star	Yin/Female Dragon
Sane Mind	Desires the GOOD	Rests In-Between	Resists the BAD

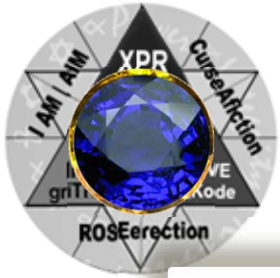
While the two Pillars of my Temple constitute an indivisible whole, one pole appears to dominate. Now the mind can't Rest in-Between on the Tao TWIN Star Path: it reverses the work of polarity:

- **My Dragon** lusts for and indulges the **DREaM**, desiring the **BAD**, instead of **Resisting the BAD**.
- **My Lion** fears and withdraws from **LOVE**, resisting the **GOOD**, instead of **desiring the GOOD**.

Unconscious that The Force is with me, I give my Power to two beasts who fight each other and destroy my Temple by alternating between two insane **Control** games:

- **The Self-Pity** of a "holy sinner," thinking "I'm special → I'm too much!"  
I engage in self-indulgent and dark practices, often of a sexual or addictive nature.
- **The Severity** of an ascetic priest, thinking "I'm not enough → I'm worthless!"  
I work way too hard, and am excessively focused on moral values and discipline.

**What do you say and do while in Self-Pity? What about Severity?**



# Projections on Religion

For eons, the interpretation of the Judeo-Christian scriptures has worked to split spirit and matter. The message is as consistent as it is pervasive: the denigration of **matter** is linked to an Eve/Evil, whose sinful nature leads her to be seduced by the serpent. On the other hand, Spirit is the ideal that I am sworn to attain, as a heavenly light delivers me from a dark Earth! I'm told I shouldn't envy or be greedy, that I ought to resist my anger! Only then, *I hope*, the Father's punishing voice will stop undercutting me with a stern "not good enough!" Yet no one is judging me but myself! These **projections** split me from source: the devil made me do it, compelling me to escape the jail of the body and to lose my power to food, work, sex or being right... **I've just Banished the "Good" I want, and caused my own pain by believing that I am separate from "God," a belief rooted in the collective unconscious. Now that Deliverance can only come from *out there*, I miss the point: I am **the Father**, **the Mother**, **the Bride** and **the SON**; I am **the World**, **cellularly**!** When **Religion** fulfills the mandate to open the **Gate of the Good**, there will be *no other nor out there* to judge or worship, and nothing will prevent me from holding the tension between within and without. I will next let **Science** open the **Gate of the True** and give me the proofs of an interdependency I can sustainably feel!

Banishment	Forgetfulness	Battle	Trickery	Definitions	Two-Faced	Savior-Hungry
Deliverance	The World	The SON	The Bride	The Mother	The Father	The Cell

Word "**matter**" comes from Latin *Mater* for "source, mother." **Projection** is of the "Devil," a word that comes from Greek *Diabellein* for "to throw across, to project."



# “FEALing” = Feeling + Healing



Hebrew word *Khol* for the “entirety” of LOVE.

Not FEALing	Contracting	Figuring Out	Polarizing	Monitoring	Negotiating	Trying
Feeling	Welcoming	Emancipating	Naming	Doing Nothing	Expanding	Distinguishing

To “receive,” I must be *entire*, and feel, unabashedly! **Feeling** is the innate ability to transform matter into energy. It is the paradise lost by Adam and Eve. Let’s say I have a money issue: although I work hard, I can’t feel “in God we trust!” Could my lack of results be due to an *interpretation* of Eve as Evil, that has worked for eons to split spirit and matter? Might **FEALing** the hidden scriptures change that?



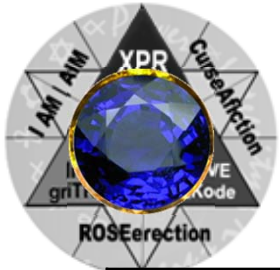
# The Cure is in the Poison

“If you prick us, do we not bleed? if you tickle us, do we not laugh? if you **Poison** us, do we not die? and if you wrong us, shall we not revenge?” *William Shakespeare, The Merchant of Venice*

Poison	Disproportion	Ignorance	Greed	Vanity	Aversion	Jealousy
Cure	Ambition	Connection	Awareness	Innovation	Courage	Uselessness

**Greed** is not a financial issue. It is a trust issue. This **Poison**, that follows **Disproportion** and **Ignorance** before it turns into **Vanity**, **Aversion** and **Jealousy**, has infiltrated the collective. As such, it lives in me. Should I worship gold and treat it as “God,” money becomes a main target for my projections: “I *should* have more money.” Would ‘more’ release me from my obsession with scarcity or security, my proneness to retaliate? It is said that the love of money and/or that the lack of it are the roots of evil. The thing is: as long as I separate matter from spirit, I will have money problems. The **Cure** may be to have the **Ambition** to come to THE END of the BS. I then see that **Uselessness** is not such a bad deal, when it allows me to not work so hard at attempting to prove my worth. Such a shift grants the **Courage** of **Innovation**, until I can find a way to rest in the **Awareness** of my **Connection** to ALL. Since Hebrew is a full mathematical system, it is both the poison (who’s counting?) and the cure, by which to make time count. At last, the Shylock syndrome – and the projection of a Jewish agenda – can be healed.

Gen. 2 speaks of a snake, in Hebrew *Nachash*. Since each letter is a number, the word has a value of 358, a **Value** shared by word *Mashiach* for “Messiah.” What would life be like if the Poison were the Cure, and the Snake, the Messiah?



# Religion & REALigion

Obligation	Commandment	Prostitution	Resentment	SETUP/UPSET	Aloofness	Struggle
Devotion	Channeling	Emergence	Initiation	Inwardness	Sanctification	Dedication

The original meaning of *religion* [from Latin *religāre* “to bind”] has been distorted. Instead of being heard as “bound” to the light within, it has become “bound” by the plurality of coercive belief systems, each system fighting to be right. The current readings of the religious texts source the world’s dividedness. How? They are unable to transmit the perception of a universal path, by which to eradicate fear and do what love wills. It is utterly poignant that institutions would preach at the same time the joys of the Kingdom within, and encourage the sense of father figure *out there*, who keeps a running count of our good and bad deeds to decide whether we’re going to heaven or hell! The indoctrination is as immense as it is clever, skirting our ability to think by making concepts so sacred that they can’t be questioned. A few visionaries ended the dream of an “out there” and its ensuing communication of separation. They made sense of the “God” label, embodied it for **REAL**, and got to the Kingdom within. There sure is a big difference between being *Christ* meaning “anointed” and being Christian, between being *Buddha* meaning “awake” and being Buddhist, just as there is between being *Torah* meaning “The Teaching” and being Jewish. Imagine now...

...being called Jacob for “supplanter” and having the courage to go through an identity change that makes you *Israel*, a Hebrew word sounding as English “IS **REAL**...”



# The **TWIN** Mission

“This [that science and religion each—tend to deny significance, even reality, to the other] is a massive and violent schism and rupture in the internal organs of today’s global culture, and this is exactly why many social analysts believe that if some sort of reconciliation between science and religion is not forthcoming, the future of humanity is, at best, precarious.” *Ken Wilber, The Marriage of Sense and Soul.*

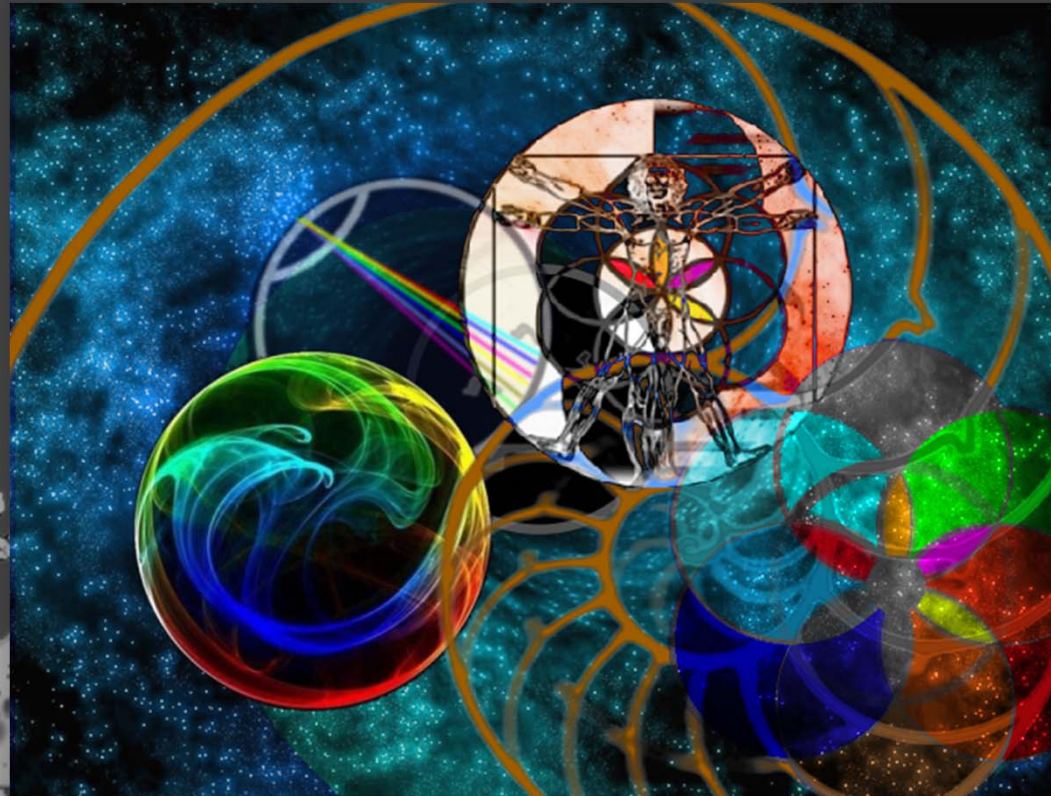
**The Mission of XPR (eXPiRe)** is to reveal the inherent order in the chaos of knowledge. When I perceive that there is a universal code to hearing and seeing the soul of perennial truths, the invisible and the visible merge, the hunger for LOVE is satiated, integrity is naturally embodied, and an aware civilization emerges.

Religion	Scriptures	Good & Evil	Salvation	Laws	Rituals	“God”
Science	Force	Space-Time	Energy-Matter	Possibilities	Consciousness	Motion

**The Mission of emPowering NOW LLC** is to bring forth *the Path of XPR (eXPiRe)* as a way to transition from a world mainly in **GR**eed where **G**iving/**R**eceiving communicates via fear, confusion and domination, to a world and consciousness of **GR**ace when my word flows freely from the silence and the sounds of LOVE.



Hiding



& Food

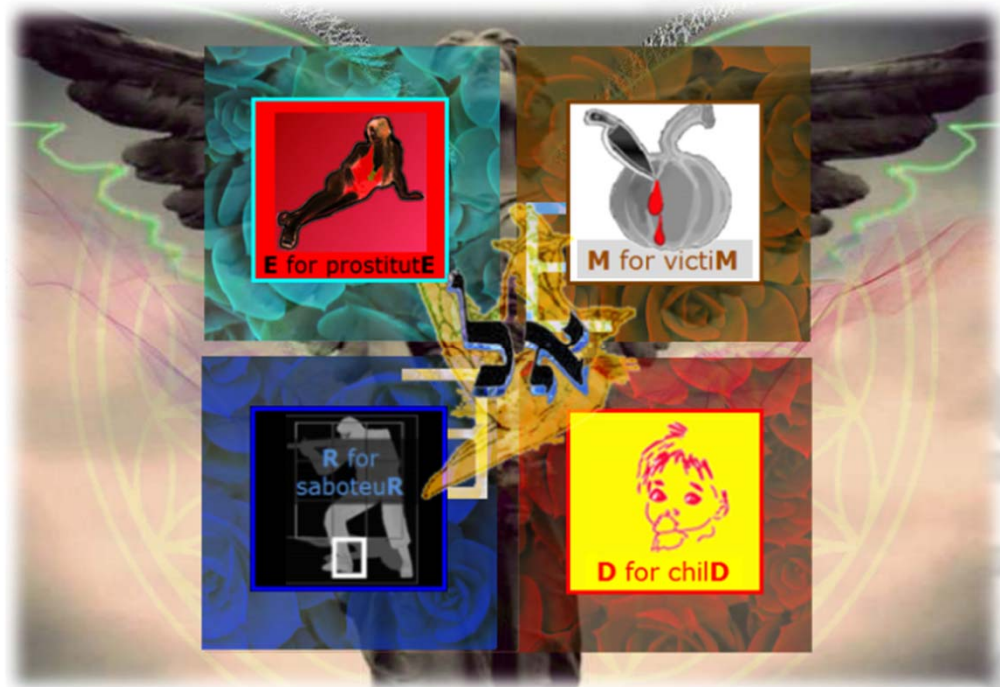
Disorder	Worrying	Lacking	Controlling	<b>Hiding</b>	Obsessing	Hoarding
<b>Organization</b>	The Self	The States	The Pillars	<b>The Quadrants</b>	The Stages	The GOD Hub

Language becomes a conduit of cooperation, when FOUR Forces join FOUR Motions as **Quadrants**, to redirect my “psychoBABEL.”





# The Quadrants & LOVE



Hebrew word *Elohim*, *El* for short, is **the “God” Name** holding the quadrants. Such quality of embrace makes me an angel, as in “MichaEL, RaphaEL...”

Engineer The Mind AIR	Officer The Body EARTH
Visionary The Soul WATER	Leader The Heart FIRE

Unconscious	Fallen angel	prostitutE	saboteuR	victiM	child	Avenging angel
Conscious	Black INgénue	E for Engineer	V for Visionary	O for Officer	L for Leader	Green INgénue
The “God” Name	MeM (ממ) > M	Vav (ו) > W	Heh (ה) > E	Heh (ה) > E	Yod (י) > Y	Lamed (ל) > L

Each Hebrew **“God” Name** has its own Power. *Elohim* creates through me via SIX energies: **AL**eph minds the back, **EY** does the work, and **MeM** lets “Go-d.” From *Gen. 2* on, I *try* to control **YEW**E’s creation: mostly **Unconscious** at first, I **Give/Receive** in a **DREaM** of **GR**eed. I am yet to feel the potency of **“the FOUR-lettered Name:”** a fourfold process quickening a 180° turn. When I do, I Am **EE**, as a point reflection for “God,” **Conscious** to be **LOVE** and to be **Giving/Receiving** in the image of **GR**ace.

Note: the four universal archetypes of prostitute, saboteur, victim & child were first recognized by Medical Intuitive Carolyn Myss.



# Live Long and Prosper



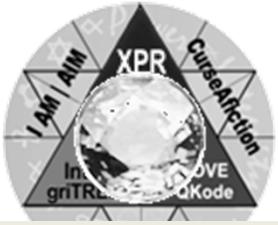
Enlightenment – “when I am lifted up from the earth, and draw all men to Myself”  
– never happens *because* of my doing, yet it never happens *without* my doing!  
The Curse now turns into a Priestly/Vulcan Blessing, as my fingers trace the **FOUR**  
Biblical verses below, for me to “live long and prosper:”

**LOVE** bless me and keep me!  
**LOVE** deal kindly and graciously with me!  
**LOVE** bestow favor unto me and grant me peace!  
**LOVE** link my name to ALL that **IS-REAL** and thus  
“**B-LESS**” me so that I can **B-MORE!**

*XPR's Transmission of John 12:32, and of Numbers 6:24-27*

Global Problem	Interpretation	Frontiers	War of Sexes	Religion	Death	Sustainability
Personal Issue	Authority	Money	Sex	Food	Family	Purpose
Oneness	No Neediness	No Owing	No Control	No Harm	No Vengeance	No Bias or BS
“SOULution”	Ready for Truth	Breathing	Circling	Resting	Envisioning	Connecting

Are my **Personal Issues** coming from the **Global Problem**, or the reverse? For example, what would happen to world hunger if Truth such as “we are One” was held as a primary **Food** group, and digested?



# Truth & FOUR Forces

The Four Noble Truths comprise the essence of Buddha's teachings: they are the truth of suffering, the truth of the cause of suffering, the truth of the end of suffering, and the truth of the path that leads to the end of suffering.

2500 years of evolution and devolution come with a need for adapting the Buddha's Noble Truths, to better merge the visible and the invisible, sensed as Force and Power. When my ego is uncontained, I'm always at risk to misuse Power: I *think* I'm in control, yet can't *feel* to be ruled by invisible forces. When I attain/surrender ("Not my will, Thy will be done..."), the Force is with me, granting me Visible Power(s):

- 1. The Truth/Force of Violence:** my ignorance is such that I am blind to how violent nature is: e.g.; thousands of children die daily. The most formidable force of matter is the feminine: it begins in speech acts, which alter the "world."
- 2. The Truth/Force of Excessive Violence:** excessive violence is inflicted by the mind that resists feeling its own impatience (i.e.; its own **pain**), and is constantly *trying* to control self/others by alternating its use of severity with Self-Pity.
- 3. The Truth/Force of the Cause of Excessive Violence:** I am attached to the idea of free will, and keep trying to make things happen. My resistance to let go turned the desire body into a full-fledged beast hungry for LOVE, and never partnering it.
- 4. The Truth/Force of the Path that leads to Peace – to THE End of the BS:** my Belief Systems (BS) let go of me, once I UnderStand that there *is* only One of **US**; One pain story, One geometry, One path: I am now free to hear/SEE **Truth**.



# Truth & THE Decision



Center image: cover page of *Portae Lvcis* ("Gates of Light"), work of Joseph ben Abraham Gikatilla, Spanish Kabbalist – 13<sup>th</sup> century.

Hebrew word *Pheleh* for the "Wonder" of 32 Paths of Wisdom of the Biblical Tree of Life.

THE Story	Hunger	Doubt	Betrayal	Defense/Attack	Blame	Defeat
THE Decision	Purity	Faith	Trust	Presence	Acceptance	Laughter

**Q: Can you help me to accept that, when life is suffering, there is a path to the end of suffering?**  
 A. No, we can't. There is no explanation that could convince you of what you must decide for yourself. You must have had enough pain to be ready for how **Truth** will change your life. Until then, it is likely that you will be in some level of **Story**, and not deliberate in making **THE Decision** to engage. You'll eventually quit before the end, out of imagining that your agreement is with the other, and your investment, in the other.



# Power & **FOUR** Motions

The **FOUR** Motions ask a provocative question: do you have enough ambition to persevere to THE END? Indeed, how can ambition be inconsiderate or selfish when it results in Self-knowledge? Let's say that I'd desire one of the 3Ps of Power, Prosperity and/or Prestige. Either I achieve *enough* success with it to bless the world, or I don't: either way, ambition leads me to a most aggressive search – **to receive the Sense of Enough so FULLY that I can sustain it!**

- 1. Motion of FULL Response-ability:** when I don't have what I say I want, there's a part of me I don't want to hear. Wisdom is received as I **fully** accept my ambivalence: the part speaking separation and the part that is not. Understanding gives me to my results.
- 2. Motion of Compassionate Partnering:** the more I am responsible for what I [don't] communicate, the more I begin to welcome misuses of Power as genuine opportunities to let go of my attachment to the BS, heal the split and speak the truth. When such a lapse occurs, I recognize it, *and keep on inviting it until it lets go of me.*
- 3. Motion of Oneness:** intellectually understanding that we are One is a great beginning. *Emotionally UnderS*tanding that there is only one of **US** is life's ultimate goal. The more I progress, the more I hear/speak the truth, drop the plan, and stop the excess violence of calculating for my perceived advantage.
- 4. Motion of Force and Power:** ALL complaints stem from uninvestigated beliefs: body follows mind, as long there's a mind to follow! When the mind awakens from the dream of duality, the conspiracy of ignorance stops. I turn within to hear what LOVE wills, check my alignment to the Force, and *surprisingly* find the Power to transform.



# Who Am I?



Hebrew word *Geullah* for "Redemption."

Inquiry	Judgment?	Is it true?	Where do I go?	What do I do?	Who am I?	Resisted XPR?
Redemption	Vigilance	Detachment	Solvency	Recovery	Altitude	Plenitude

**Inquiry** is the courage to investigate the shadow, and reveal the agendas hiding the LOVE I seek. It is how to **Redeem** the stages of my evolution. When I do, my "good" and "evil" sides spontaneously work together. Yet hidden agendas are like the silk scarves that a clown pulls out of his pocket: it goes on and on... Where will I find a form of inquiry radical enough for me to trust that there is an end?



# Inquiry & World

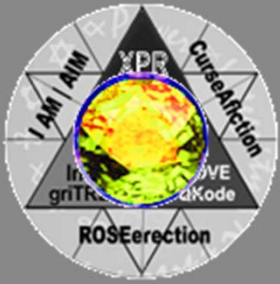
Known as the Seed Of Life, this geometry will lead me to the end! Patterned after Genesis' SIX days of creation, it transmits the code of mind. **Since the way I use words is how I create my world, it is the word that was created in SIX "days."** The table below retraces the progressive stages that are pictured by the image, while giving the possibility to organize a staggering amount of information.



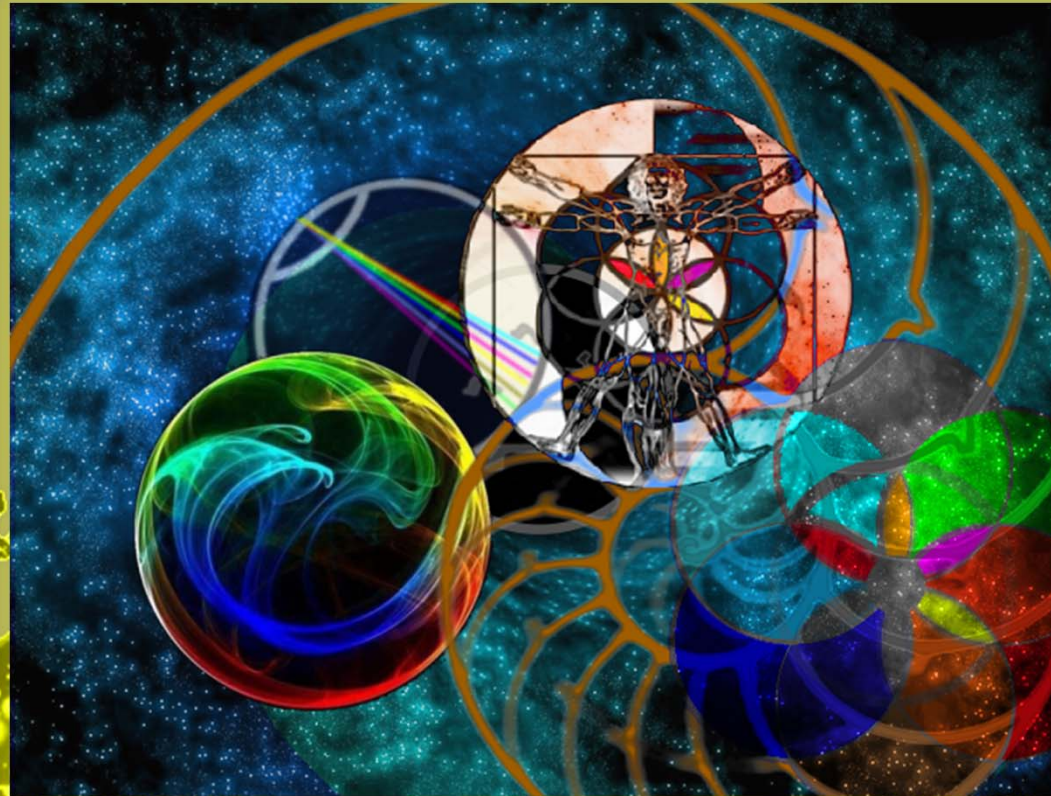
Creation	"Day" 1	"Day" 2	"Day" 3	"Day" 4	"Day" 5	The SIXth "Day"
Ignorance	Screech	Split Mind	Lost Soul	Pain Body	Broken Heart	Forsaken Spirit
Knowledge	Voice	Mind	Soul	Body	Heart	Spirit
Elementary	Black Ether	Azure Air/Metal	Blue Water	Brown Earth	Red Fire	Green Wood

Understanding the elementary nature of this evolution *as my soul* allows me to include multi-dimensional perspectives, and thus to resolve any level of inner/outer conflict: therein is the Self-knowledge I seek.

**Hebrew Bible Trivia:** the first word of Gen. 1 can be translated as "in the beginning" or as "created SIX" (see P56). The last word is translated as [day] "the SIXth." In between the first and the last is the story of the "world" being created in SIX days.



Obsessing

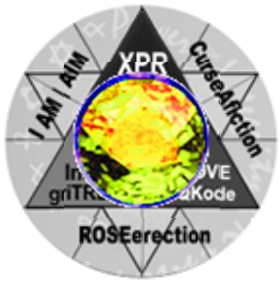


& Family

Disorder	Worrying	Lacking	Controlling	Hiding	<b>Obsessing</b>	Hoarding
<b>Organization</b>	The Self	The States	The Pillars	The Quadrants	<b>The Stages</b>	The GOD Hub

Hearing the depth of John 1:1, “in the beginning was the Word, and the Word. . .” leads me to receive letters as stages of development.





# The Stages & the Beast



Hebrew word *Tiqqun* for the sum of the actions that I have come to “amend.”

The idea that I would need “fixing” is only valid as long as I dream to be split from the One heart. Once aware of the unity behind interdependency, there is no one left to “reincarnate” to the same insanity.

Hunger	For Attention	For Being Right	For Contact	For More	For Discontent	For Getting It!
Purity	Intelligence	Innocence	Nurturing	Prosperity	Loving-Kindness	Sanctuary

The journey begins in a first Aleph step. Yet its last step is not in Omega/Tav: it is in Aleph again, as I “arrive where I started, knowing the place for the first time.” Each sign lights up a meridian in me adding Aleph’s **Purity** to the next sign, until I am unconditional LOVE. Each Hebrew sign is also a word *staging* an initiation: hearing the Living Word within is how to satiate the **Hunger** of the **Beast**, one bite and stage at a time. I thus travel sign by sign, evolving consciousness in me to last sign Tav, where I feel my Passion as my “CurseAffiction.” When complete with the pain, I re-Turn to Aleph, in my “ROSEerection”.



# The First Word

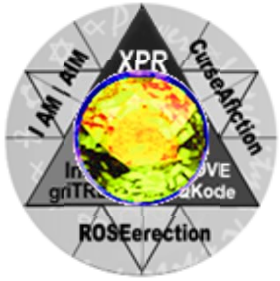
“In the beginning was the Word, and the Word was with God, and the Word was God.” *John 1:1*

Indeed, *Bereshit* for “in the beginning” is THE Hebrew Word encoding the Mystery. Its initial B is capitalized, a very rare event in the Torah, which alerts to a potential code. To simplify the decoding (☺), each Hebrew sign is also a word, with a name: whereas English would spell B as “Bravo,” Hebrew spells *Beth* as **alphabetical** letter B, **Number 2**, **Icon** Open Hand, **Label** “House”, **Archetype** Wizard, **Sound** B/V. Moreover, the Hebrew Bible comes as a compressed string of letters. Who divides it into words, and sees “TOGETHER” rather than “TO GET HER?” I create it all, in function of the evolution of my consciousness, that is, on the “I” of the observer who is looking to see a specific effect – a *certain* proof.

בראשית | בראשית

- ***Bereshit*** *Bara Elohim* means “**In the Beginning**, [God created...]” Approved by tradition, this translation implies linear time and a cause (“God”) that is separated from the Self. This is the order of **Above**, where I am painfully attached to an outcome.
- ***Barashit*** *Bara Elohim* means “**created SIX**, [God created...]” This translation empowers the Now by changing the story of the past and knowing a [good] future. This is the order of **Belove**, which allows me to turn within, to feel complete and connected.

Code	Alphabetical	Numerical	Hieroglyphic	Labeling	Archetypal	Musical
Sovereignty	Sigilistic	Human	Vegetal	Mineral	Animal	Cellular



# Aleph-Bet & Spells



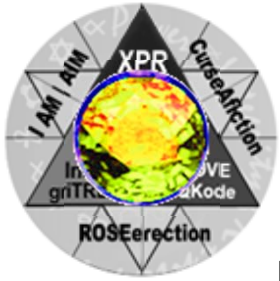
Hebrew word *Qesem* for “magic,” value 200 (Divided).

A black magician dreams that the world is only *out there!* Therefore, when thinking “he” is taking care of the other, he won’t feel his control games. At times, he senses an innocent energy *inside* him... If he could only release it, his magic would be beautiful, and powerfully white!

Comparison	Stigma	Measure	Insatiability	Schedule	Bitterness	Entanglement
Creativity	Necessity	Distillation	Incubation	Discontinuity	Divergence	Originality

All cultures seek to answer cosmic questions: what’s real? What should I do? What’s my purpose? For the Egyptians, in the beginning was darkness, water and the great god Atum. Surprisingly, the Bible has *two* stories of creation: **the first** way to create is in *Gen. 1*, via primary Adam who is Aleph (1), and communicates authentically: s/he says, “let there be light,” and sees that there *was* light (no unconscious time). **The second** way to create is in *Gen. 2* via secondary Adam: being Beth (2), he *thinks* he is the body (“a man”), and projects “God” or anything he wants or fears *out there*. The split of spirit and matter corrupts its creative Power, leading his Wizard to hopelessly spell-cast the same insane past, while expecting a sane future.





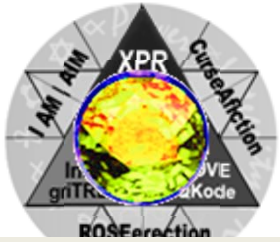
# “Fall/Failure” Notice

I am Aleph, the first letter of the Alphabet (1). I am the Fool, the Tarot Numbered 0, as I have zero (0) doubts on being one (1) with everything!



So what? I’ve taken a “wrong” turn, made an error, and fell AGAIN! When the humiliation is SO great that I can’t get up, I still believe in a “God” out there, who punishes me for being “bad.” I am on failure notice! Truth is: when I am not so attached to an outcome – punishment or reward, I know to be about to take a plunge with every step I take, and willing to leave the past behind. Vulnerability is my greatest strength. Should “I” hurt or betray myself, I never stop trusting my “heART,” as I am totally open. You will say: “what a fool!” and miss the pearl: my trust is as the white rose in my left hand, so pure it can’t be tainted. I greet every fall with *Namasté*, “no mistakes.” Pure mind is really the goal of a journey that calls to dive deep in the shadow, as it is where the gold of the Living Word is. *The deeper I dare fall, the more I ascend with the innocence that makes me an advisor of Kings.* I resonate with wisdom, as there is an impeccable congruency between what I know I am to [not] do and what I actually [not] do. I thank LOVE a little more every day for the full support I “receive.” I carry no more than I need; I am and have enough, and find that there’s always more!

**What is the resisted humiliation that, if felt, would grant you wisdom?  
Who would witness your “fall” and demise, if you’d turned within?**



# Consciousness & Spells

“In the beginning was the Word:” consciousness (a.k.a. “God”) uses words to create worlds.

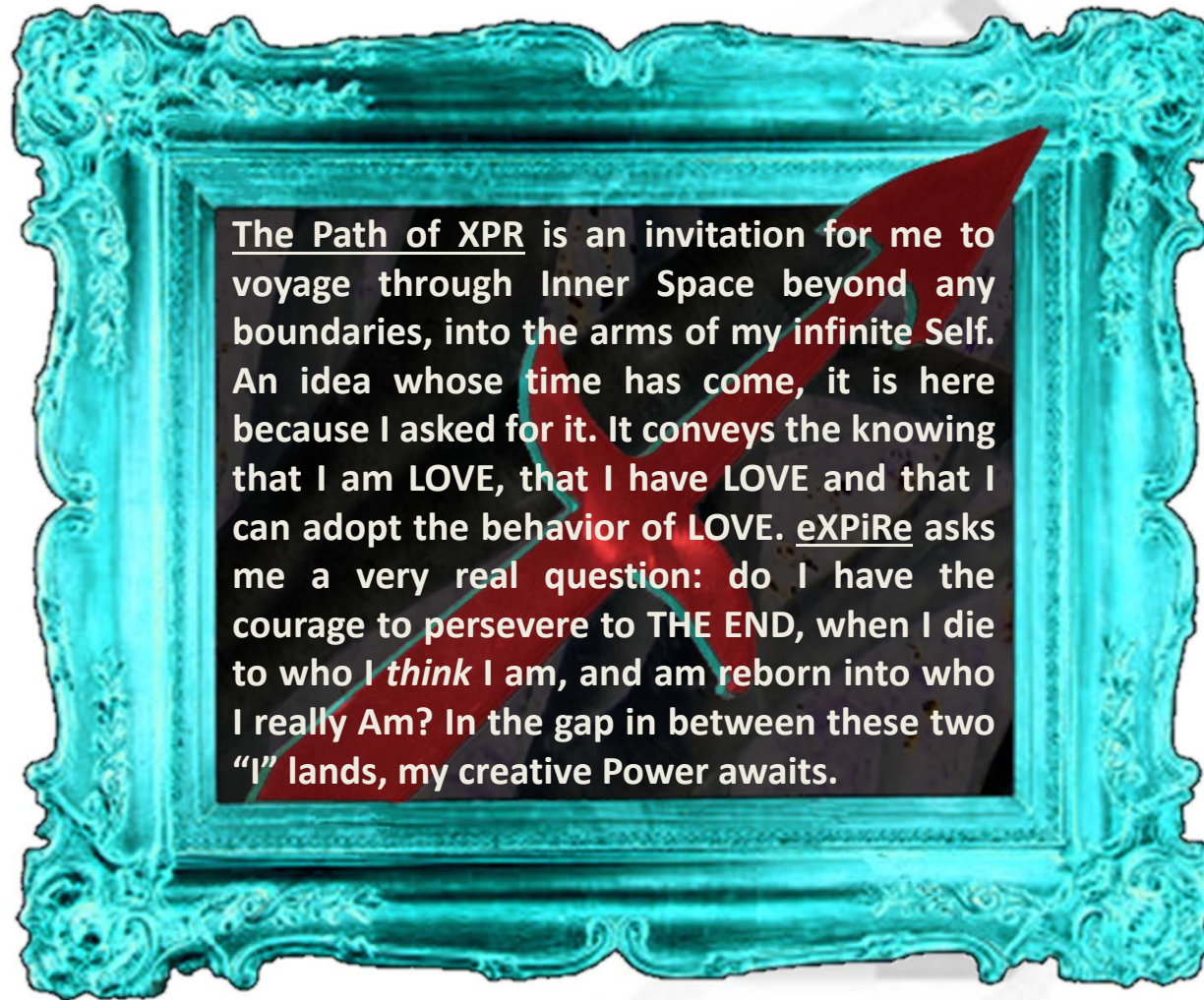
Evolution is both compelling and inevitable: if life is about making conscious choices, consciousness is the job I have signed up for, whether I’m conscious of it or not! The purpose behind any choice is to feel something or to resist feeling something. When in avoidance, I speak and act out of fear. Fear now moves me to lose my connection with what I communicate: I intellectualize, and can’t be heard. This loss of connection with “the me that is you” is the source of my pain. Eventually, the pain will lead me to the edge where to die to who I *think* I am, drop the story, and open to silence. Using my **words** as **swords** will be unthinkable, as I will feel and be conscious of the boundaries that my words create for good or bad. **I will understand fully how and why I don’t want to surrender, and thus to become empowered.** I’ll also open to a path that leads to THE END of the quest and of the questions:

- Why can’t I heal my body or my money or my [fill in the blank]?
- Why do I choose bondage by seeking love and approval *out there*?
- Do I have enough self-esteem to act on behalf of the good of all? If so, what is the greatest soul expression that I can fulfill, and do I have what it takes to fully feel it?

In the beginning is the Word *Beth* (B); in THE END is the Word *Shin* (S), both frame my journey to honesty, Truth and Integrity – beyond the BS, into the First and the Last (see next page).

# Toward (my) ROSErection

1	א	A. Aleph	Ox	0. The Fool	LAUGHIN' LOVIN' eyeNOsense: Is there another way to look at <i>IT</i> (the resisted humiliation that blocks wisdom)?"
2	ב	B. Beth	House	1. The Magician	ABRACADABRA! 'Where are you giving your power away and just "trying"?'"
3	ג	C. Gimel	Camel	2. The High Priestess	FREEDOM'S JUST ANOTHER WORLD FOR... "What are you afraid to lose or not to get?"
4	ד	D. Dalet	Door	3. The Empress	THERE IS NO ONE OUT THERE! "Are you better at taking care of others than of yourself?"
5	ה	E. Heh	Window	4. The Emperor	THE POWER OF ORDER AND STRATEGY. "Whose order is it anyway? Will you give up the plan?"
6	ו	W, V, U. Vav	Nail	5. The Hierophant	AS ABOVE SO BELOVE! "What understanding is missing for you to totally be an emissary of LOVE?"
7	ז	G. Zayin	Sword	6. The Lovers	IS-REALIZE the BEAUTY OF SYMMETRY! "In deciding to go right or left, are you choosing out of resistance or presence?"
8	ח	H. Chet	Fence	7. The Chariot	VOYAGE/WHY AGE? "What is the preference that is limiting your movement?"
9	ט	Th. Teth	Snake	8. The Strength	PLAYSURE NOT PRESSURE! "Have you so lost your senses that you'd push your will onto self/others?"
10	י	Y, I, J. Yod	Hand	9. The Hermit	KNOW THYSELF! "Will you surrender long enough to be the change?"
20	כ	K. Kaph	Pan	10. The Wheel of Fortune	EVERY MOMENT CAN BE A BD, A BIRTH AND A DEATH! "Are you denying your evolution by not wanting to pay the price?"
30	ל	L. Lamed	Ox-goad	11. Justice	THE ONE LAW OF LOVE "Would it release you to ask yourself: 'What does LOVE need now?'"
40	מ	M. Mem	Waters	12. The Hanged Man	COMPATIENCE: "Are you so attached to an outcome that you'd keep on doing harm?"
50	נ	N. Nun	Fish	13. Death	LET GO AND LET GOD! "What might you be reluctant to GIVE and forGIVE?"
60	ס	X. Samekh	Support	14. Temperance	THE GIFT OF ART IS TO KNOW TO SAY ENOUGH! (IN OFF): "Does the idea of 'mediocrity' or 'ordinariness' scare you to death?"
70	ע	O. Ayin	Eye	15. The Devil	THE VEIL OF EVIL... "How is your need for approval leading you to repeatedly choose bondage?"
80	פ	P, Ph, F. Peh	Mouth	16. Tower of Destruction	THE ULTIMATE: "What will it take for you to ask and answer the only question: Who am I?"
90	צ	Z. Tzaddi	Hook	17. The Star	YOU ARE A PRECIOUS JEWEL! "How deep in the dark will you dive so as to share your gift of light?"
100	ק	Q. Qoph	Monkey	18. The Moon	THE SIGNAL TO TALK/WALK: "Will you wait for the path to be CLEAR before your next word/action?"
200	ר	R. Resh	Head	19. The Sun	IT'S GOOD TO BE THE KING! "Are you playing small out of fear of being divinely brilliant?"
300	ש	S. Shin	Tooth	20. The Last Judgment	LOVE IS GOD! "What mask must you take off to see "God" face to face?"
400	ת	T. Tav	Sign	21. The World	TAKING IT SO LIGHTLY YOU FLY! "How much suffering do you still need before loving it ALL?"

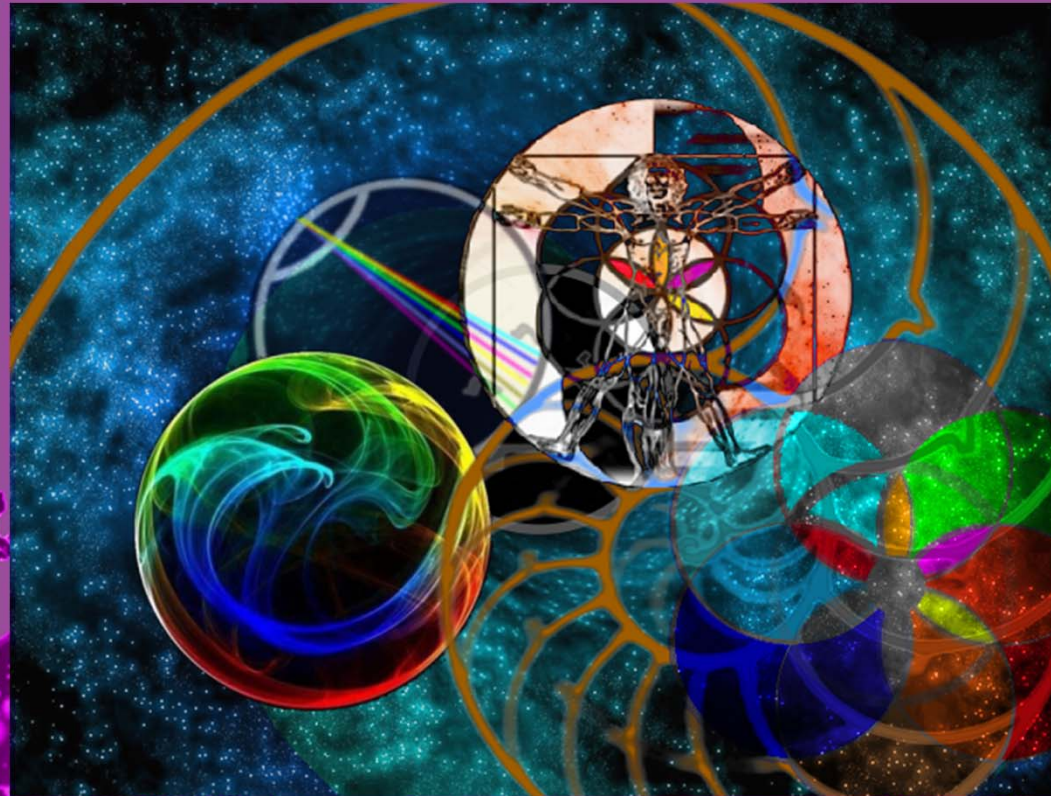


**I AM the AIM!**

The eXPiRe Tarot App – the tarot to go to THE END – may be found in the iTunes store or Google Play store.



Hoarding



& Purpose

Disorder	Worrying	Lacking	Controlling	Hiding	Obsessing	Hoarding
Organization	The Self	The States	The Pillars	The Quadrants	The Stages	The GOD Hub

I can be aware that REST IS, even as it reorganizes into RESIST.  
Such awareness is found on the **GOD Hub**, and key to my generativity.





# The GOD Hub & “My” Purpose



Hebrew word *Shalom* for  
“1. Wholeness, 2. Peace.”

The scribes are instructed to write a **broken/broke** sign **Vav** (center oval) in *Numbers 25:12*, potentially as a hint to the Peace that follows surrender.

Personal Issue	Authority	Money	Sex	Food	Family	Purpose
Oneness	No Neediness	No Owing	No Control	No Harm	No Vengeance	No Bias or BS

**Surrender** is the goal of *all* traditions, and how to transcend Personal Issues. When the thought that “I” am the doer leaves me, I know my **Purpose** and my Power, and I am Peace. When I don’t have the Power to choose Peace, I can **inquire** for whom is this destiny, and remember that it is only the ego – not the Self – that is **broke(n)** by missing the blissful understanding of “not my will, Thy will be done!”



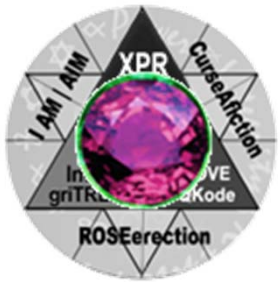
# The Word & the Mouth

“We can’t solve problems by using the same kind of thinking we used when we created them.” *Einstein*

Separation is given free range, when both Hebrew and Hindu Trees of *forgot* the subtle mouth chakra. We can no longer solve problems as the kind of thinking we used prior to creating them is inaccessible. The tragic insanity that comes from ignoring good and evil is present across cultures: Greek mythology, for example, tells the **Defiled Mouth**’s story via one of the five infernal rivers, Lethe. Legend has it that those who drank from it were unable to remember who they were, and could only go into defilement. As “concealment, forgetfulness,” Greek *Lethe* is the antonym of *Aletheia* for “truth, revelation.” Mouth eats, speaks and kisses, ruling over health, wealth and relationships: *forgetting* it impacts both the individual and the collective:

- When you wish that people would hear you, do you remember who you are? When “doing the same thing over and over, while expecting different results,” are you not under a **Bad Spell**? Yet you still resist abandoning the defiling behavior. Ask yourself: if I were to **Truth Travel** to another world and *word*, I’d be afraid that...
- Keep **traveling** to the next *word* until you feel a resonance with the purity of your soul: where I am focused on **Outcomes**, allow me to know **Detachment**. Where I am feeling **Seriousness**, allow me to make it OK, and open to **Tranquility**. Where...

Defiled Mouth	Bad Spell	Outcomes	Seriousness	Monopoly	Adversity	Corporeality
Pure Mouth	Truth Travel	Detachment	Tranquility	Play	Spans of Time	Plenitude



# The Mouth Chakra

Western Tree Of Life    Eastern Tree Of Life    XPR Tree IN-LOVE

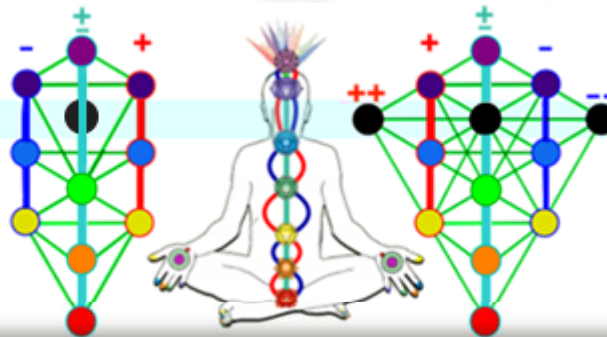
The Three Lower Worlds ↓

Beliefs

Emotions

Actions

Crown  
3<sup>rd</sup> Eye  
Mouth  
Throat  
Heart  
Navel  
Sex  
Root



One Will

Language

The Promised Land ↑

Be it in the ancient yogic wisdom or in Jewish mysticism, the life-force pulsing throughout the body flows within three channels. Both Eastern and Western Trees intersect these three paths in what Sanskrit calls *chakras* and Hebrew *Sephiroth* (root-verb XPR) for “spheres, numbers, wheels.” Vertically stacked from the base of the spine to the crown of the head, the 7 chakras are matched by the 7 rungs of XPRs. Notice how one rung is not at all present on the Eastern Tree: in light of its position between throat and 3<sup>rd</sup> eye, that rung must be the mouth chakra. Since Yogic and Hebrew Trees flow energy on the female, male and neutral pillars, and since *Daath*, the Hebrew name of the mouth chakra means “Sexual Knowledge,” that sphere is THE key to holding the tension in between opposites, by balancing male/female polarities on the middle path. Rabbis have said “*Daath* is here and not here:” so is Self-Knowledge. It is “sexual,” since experiential knowledge is undeniable, and yet it is as elusive as an orgasm! Still, *Daath* is crucial in going beyond boundaries into an unknown, and thus in moving out of the **Three Lower Worlds** into the “**Promised Land.**”



# Little Death & Daath



Hebrew word **Daath** for “[Sexual] Knowledge:” I may fake an orgasm, but I can’t lie to myself about whether or not I climaxed!

Biblical knowledge is to have the same level of certainty regarding perennial truths, e.g.; we are One!

Judgment	Comparisons	Exaggerations	Sarcasms	Complaints	Advices	Regrets
Vision	Honesty	Commerce	Play	Well-being	Autonomy	Self-Realization

It’s true: **e**ating from the Tree of the *Daath* of Good and Evil is my **de**ath decree! When I accept that surrender is the goal, I know that what I am surrendering can only be **Judgments**. Judgments source my female-like resistance (this is bad) or my male-like desire (this is good). When I let go, I die to who I *think* I am, take back my projections, and open to the One via the **Vision** of unconditional LOVE.



# Matter vs. Spirit

0/1 Will

One Language

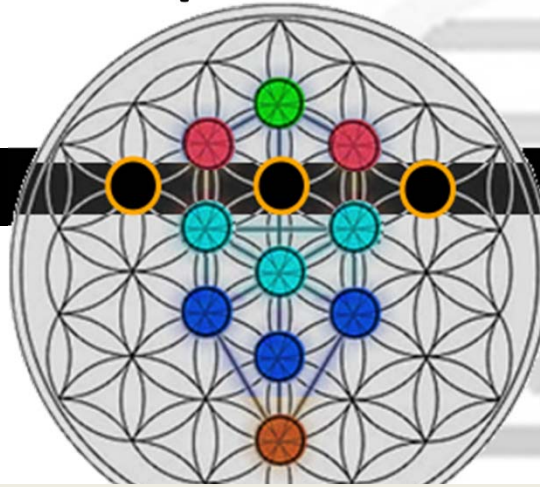
The Material Lower Worlds ↓

The Spiritual Promised Land ↑

Beliefs

Emotions

Actions



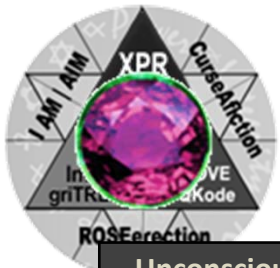
“The **Tree of Life** within the Garden and the Tree of the **Knowledge of Good and Evil**” (Gen. 2:9).

Isaiah 43:7 delineates the **Divine Order** of Creation: “every one that is called by **My Name**, and whom I have **created** for My glory, I have **formed** him, yea, I have **made** him.”

Heart Chakra	Mouth	Throat	Navel/Sex	Root	Third Eye	Crown
IS-REALity	Unknowns	Beliefs	E-motions	Actions	One Language	0/1 Will
The World	Infinity	Creation	Attraction	Manifestation	Emanation	Eternal Light

The mouth chakra is the gate into the “Promised Land:”

1. Pick a limiting **belief**: how does it **create** a “lower” world?
2. The **emotion** you are now resisting, what does it put into **form/attracts**?
3. What **actions** do you now engage? What does it **make/manifest**?
4. To open the 3<sup>rd</sup> eye, hear/see the **One Language** as “**My name.**”



# eXPiRing & the Unknown

Unconscious	Fallen angel	E for prostitutE	R for saboteuR	M for victiM	D for child	Avenging angel
Conscious	INgénue	E for Engineer	V for Visionary	O for Officer	L for Leader	INgénue
IS-REALity	Unknowns	Beliefs	E-motions	Actions	One Language	One Will

“The fear of the LORD is the beginning of wisdom, and knowledge of its Justice is understanding.”

*Proverbs 9:10* points to a healthy fear, when I know how bad I can make things, and choose to change my ways. The Hebrew for “LORD” is a 4-lettered word moved by the law of cause and effect, so that I’d embrace the **child** in me, who won’t grow up to his **Leadership**, blames others for his errors, and thus fears “God’s” punishments:

1. A **FOUR**-stage process of going **Unconscious** (backward) in the **DREaM** shadow,
2. A **FOUR**-Stage process of becoming **Conscious** (forward) in the light of **LOVE**.

I go backwards, when I resist hearing and SEEing the **Unknowns** behind my **Beliefs**, as I know that the Truth will set me free. I may be stuck in the lower worlds, but, at least, I know what to expect! Thus I *try* my utmost to control “my” reality, just so that I’d never have to die to who I *think* I am (the doer/body), lose my illusion of control, hear the **One Language**, and align to the **One Will**.

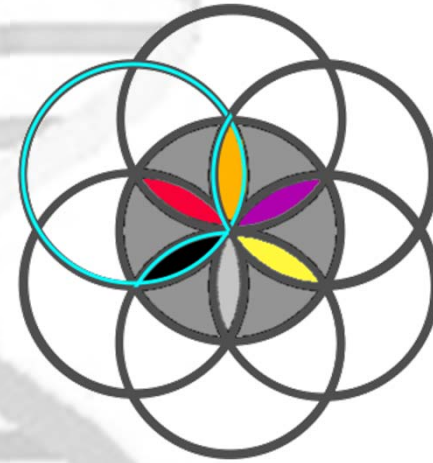
- Stem sentence: if I were to \_\_\_\_\_ (what I know to do), I’d be afraid that...
- Repeat the stem sentence, until you see and hear (feel) Truth.

Note: secondary Adam bows to the 4-lettered Name, while primary Adam is moved by the created SIX “God!”



# Surrender & “Rest”

The SIX stages climax in the realization that “God” is indeed a geometer: as **the 6<sup>th</sup> circle forms**, the consciousness of *Shabbat* – the 7<sup>th</sup> day of “rest” – appears as a core seed. Hebrew *Shabbat* for “rest” comes from Sumerian *Sabattu* for “heat-rest:” **it is the pause that the moon takes when full, since, at that time, it is neither increasing nor decreasing.**



Ignorance	Screech	Split Mind	Lost Soul	Pain Body	Broken Heart	Forsaken Spirit
Fighting	Provoking	Contesting	Cold War	Wrestling	Ambushing	Checkmating
Surrender	Namasté	Clarity	Altruism	Sensitivity	Openness	One Victory
Knowledge	Voice	Mind	Soul	Body	Heart	Spirit

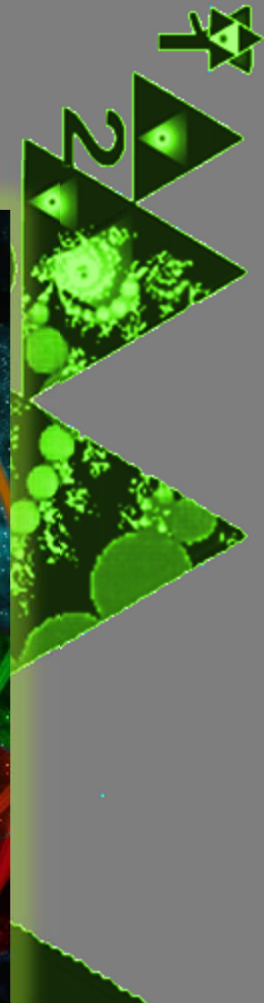
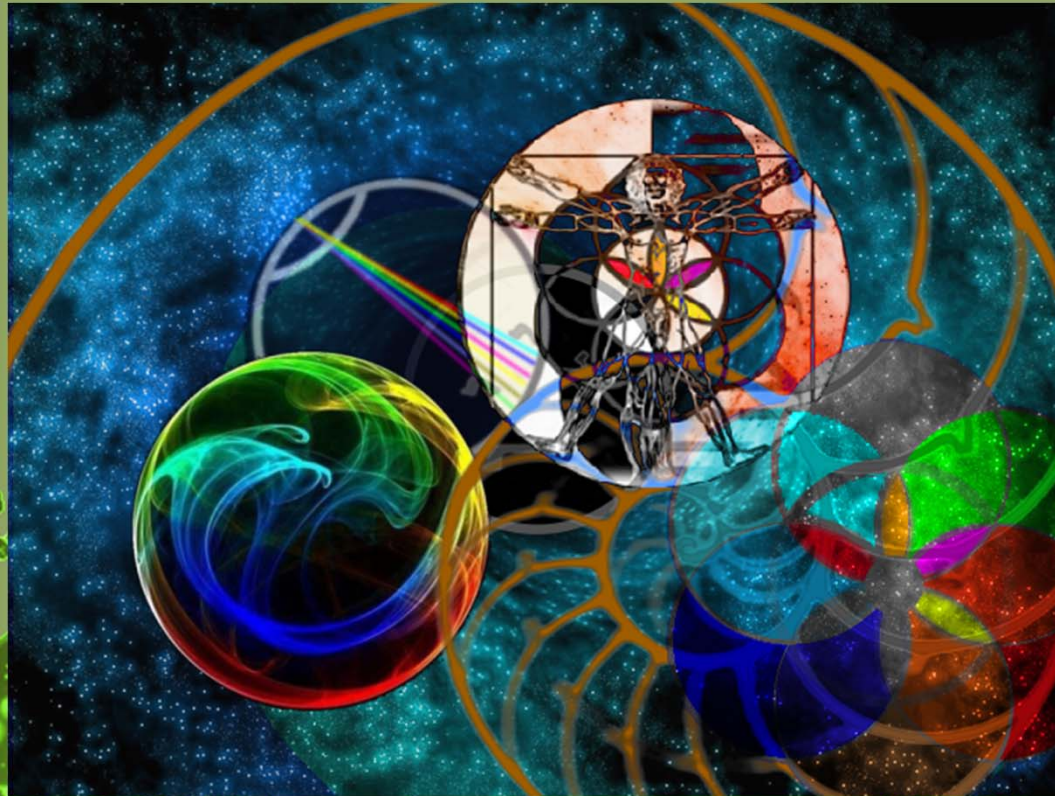
Will “eye” see that RESIST can spell REST IS? Resting is to be surrendered to the core of creation, allowing creativity to happen *through* me and not *by* me.

**Consider:** when I know that I am not the doer, I stop resisting [Resistance] and its [Ignorance], which leads me to fulfill the desire for [Desire] of my [Knowledge].

**Hebrew Bible Trivia:** the Fourth Commandment – to observe and remember the *Shabbat* – is the *Sabattu* as the 7th or “evil day” of Ishtar, when the blood of the menstruating moon goddess calls me to contain the force of creative / sexual energy.



The  
END



Disorder	Worrying	Lacking	Controlling	Hiding	Obsessing	Hoarding
Organization	The Self	The States	The Pillars	The Quadrants	The Stages	The GOD Hub

ALL you've always wanted to know about the Path of eXPiRe's Organization,  
yet never dared to ask...





# QKabbalah = “Receiving”

Once upon a Zen time, a philosophy professor went to a Master to ask about God. The professor talked and talked, until the Master said: “Let me first serve you tea. Just by drinking tea your questions may be answered.” The professor was at a loss: how could all his questions on spirituality be answered by drinking tea? The Master brought the kettle, poured tea in the cup. Although the tea started overflowing into the saucer, the Master went on pouring. “Stop!” the professor said. “What are you doing? Are you mad: do you not see that the cup is full?” The Master said, “That’s exactly how your mind is: so full of questions that there is no space for an answer to come in. **Go back, empty your cup, even break it: when you are no longer, there is no one to stop the wholeness of LOVE to flow into you.**”



**Consider:** my mind will have questions (**Inquiry**) and no room to see you/me, until I fully surrender. Did you know that, during the Passover ritual, a first cup of wine (not tea) is spilled, as a symbol to let go of what plagues us? Or that **FOUR** questions of **Inquiry** are asked by **FOUR** children, the answers being in **FOUR** cups of wine, to be consummated as the **FOUR** “days” of **Redemption** decoded below from *Exod. 6:6-8*? Lastly, that the fifth cup – of Elijah – is said to be reserved for when we will inhabit the Land of Plenty? **Do you think yourself as not enough? What do you fear would happen if you’d let go of seeing lack?**

Inquiry	Judgment?	Is it true?	Where do I go?	What do I do?	Who am I?	Resisted XPR?
Redemption	Vigilance	Detachment	Solvency	Recovery	Altitude	Plenitude



# Depth & Psyche



Sigmund Freud

In a letter to Ms. Edith Schroeder who had inquired on “the significance of Freud’s Jewish descent for the origin, content and acceptance of psychoanalysis,” Carl Jung replied: “One would have to take a deep plunge into the history of the Jewish mind. This would carry us beyond Jewish Orthodoxy... into the intricacies of the Kabbalah, which still remains unexplored psychologically.” *C.G. Jung, 1973, Vol. 2, pp. 358-9*

Carl Gustav Jung



Psychology is a science. Yet, it is also the “study of the soul,” which places it in the domain of religion. *eXPiRe* synthesizes science’s deduction and religion’s revelation by using an experiential process. The purpose of psychology – to end **Suffering** – can now be fulfilled, as **Freud & Jung**, the giants of the psyche, are reconciled through the psychological decoding of the QKabbalah, a.k.a. the “soul” of the Torah, starting with **Genesis**:

Move column to column, using the words in brackets to feel the wisdom / folly of a specific column: when I suffer from [**Freud**], I don’t understand [**Jung**]. I thus stay stuck in [**Suffering**], e.g.; When I suffer from [**Violence**], I don’t understand [**Synchronicity**], and thus stay stuck in [**Secondary**].

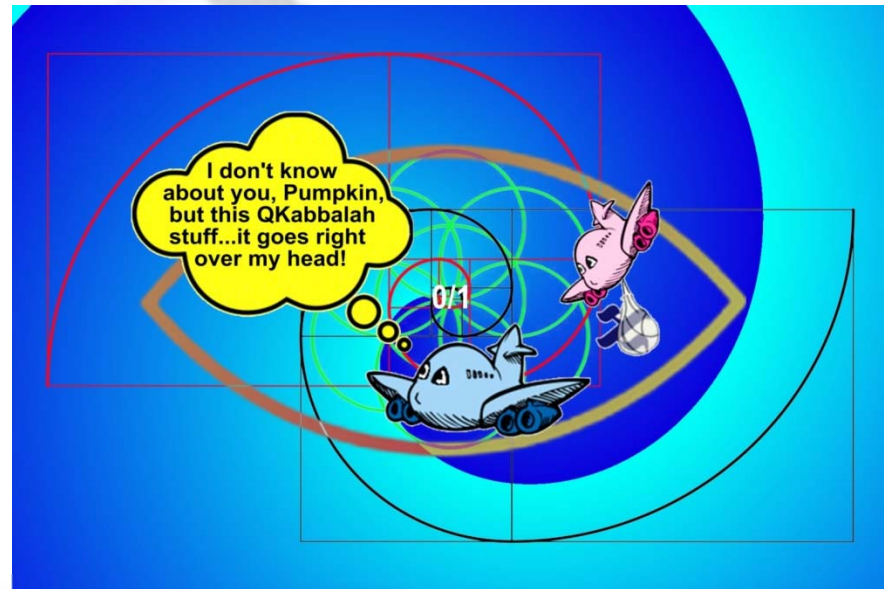
Suffering	Secondary	Resistance	Shame	Jealousy-Vanity	The Fall	Competition
Freud	Violence	Libido	Inhibition	Hysteria	Indulgence	Convention
Jung	Synchronicity	Archetypes	Persona	Complex	Alchemy	Individuality



# The First Book – of US

'I am primary when I say "let there be [e.g.; prosperity]," and see that there *was* [\_\_\_\_\_]! This Power rests on the innate ability to transform matter into energy by way of feeling. The way to transform matter, be it money, body, relationships, the global economy, etc., is by first changing how I *feel* about it. When in my head, I can't say what I mean nor mean what I say: what's spoken is a jumble of fears, and no one hears me. If communication is where my Power is, I may need a language by which to feel and UnderStand the One of US...'

*The First Book, a.k.a., the Book of US* is also the first workshop on the *Path of eXPiRe*. It gives me what I need: a language by which to feel language, in the form of a code that, thus far, went right over my head. It is now here ("know hear") to satiate the Beast's hunger by restoring the Sense of Enough. It does so by providing me with the missing understandings by which to be an emissary of LOVE.



Job 12:11 speaks of *Ozen Milin Tivhan* for "the ear understands words." It is also an acronym for *Emet* for "truth. As a parallel, *the Egyptian Book of the Dead* asks: Are you pure enough to say: "I have not told lies; I have not closed my ears to Truth?"



# eXPiRe is **NOT** for you if...

- You simply choose to emPower the NOW. You're so present you don't fear the speed of **Primary** creation: you say "let there be light!" and see that there *was* light!
- You know such wholeness that you do not compete or feel split from either family or "God," food/health, money/career, sex/relationships, just ease and **Cooperation**.
- Your dynamics of **Engagement** reveal how magical you are in using the word to shape the world as an honorable reflection of you, and as the change you wish to see.
- You are as if you are not: you don't have a plan; total **Simplicity**! Therefore, every moment is a surprise that delights your inner child with an innocence heard and seen as the "eye-no-sense" that has no rigid definitions.
- You came to THE END of desires – **Satisfied**, at last – and stop protecting SO hard what you *think* you possess, which, in fact, possesses you! This is specially true of memories that keep you infernally recreating the past, as you repeat the same errors again and again, expecting a different outcome than this which harms you!
- You're only addicted to wholeheartedly **Desiring** Truth: you thus feel the One LOVE of everything and everyone to such degree that any dishonest word or act is impossible.

Ultimately, if you've **Fulfilled** your potential, and are not **Suffering** from any illusion of separation!

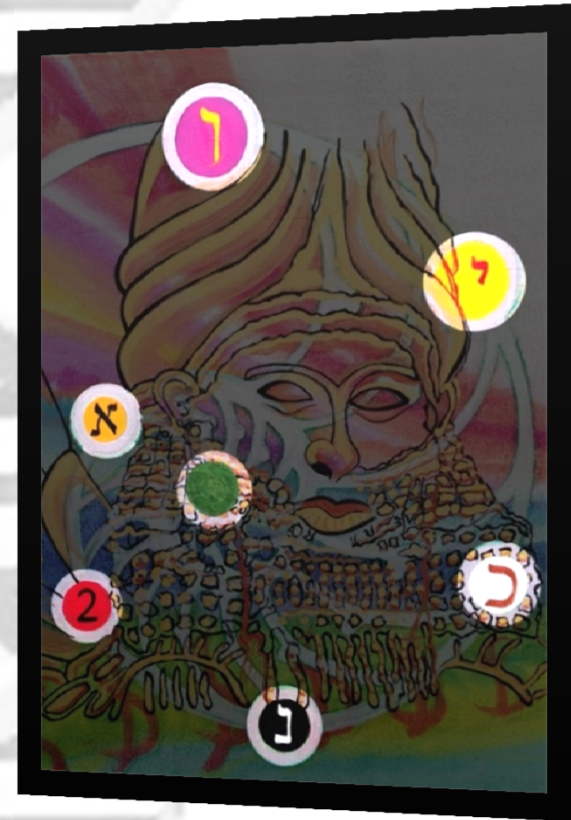
Suffering	Secondary	Resistance	Shame	Jealousy-Vanity	The Fall	Competition
Fulfillment	Primary	Desire	Satisfaction	Simplicity	Engagement	Cooperation



# The Path of eXPiRe

**The PaRaDiSe Circle:** Community Gatherings to Understand (“feel”) how XPR’s Organization helps me clear my Disorder:

- 1. The First Book – Entry Workshop.**  
to understand the codes behind THE “U<sup>n</sup>derSt<sup>a</sup>nding” that there is only One of US.
- 2. The Second Book – Core Course in PaRaDiSe (Part 1).**  
to understand being secondary, resistance and shame.
- 3. The Third Book – Core Course in PaRaDiSe (Part 2).**  
to understand vanity, jealousy and competition.
- 4. The Fourth Book – Expansion Course in PaRaDiSe.**  
to understand attention, identities and motivation.
- 5. The Fifth Book – Master’s Course in PaRaDiSe.**  
to understand goals, initiation and genius.
- 6. The SIXth Book – Learning/Teaching PaRaDiSe.**  
to witness my enthusiasm for US becoming infectious.



The Path of eXPiRe

First Book

Second Book

Third Book

Fourth Book

Fifth Book

The SIXth Book

The courses of *The Path of XPR (eXPiRe)* are available throughout the year, one-on-one and in group. The first step is with the **PaRaDiSe Circle** who invite you to join our community (bridge line/locally), and experience the tools in a safe and compassionate environment. Advanced practice is under the auspices of the PaRaDiSe Mystery School.

To learn more on how the design of XPR is invoked by Sacred Geometry, please see [Golden XPR](#).



# The Mystery Skull

When I **understand** that there is nothing out there, and that the signs I am reading in the “universe” reflect the consciousness that I occupy, I accept that any judgment I make is self-judgment, and start trusting, as I surrender to a “**PaRaDiSe**” found. Note: Hebrew word **PaRDeS** for “orchard” calls **FOUR** traditional ways by which rabbis interpret the Torah. It is newly spelled out and revealed here as the **True Meaning** of “**PaRaDiSe**”.

TM of PaRaDiSe

**M for Mystery**

**D for Difference**

**R for Reminder**

**P for Plainness**

**S for Secret**

**T for Truth**

## The Why of the PaRaDiSe Mystery School is:

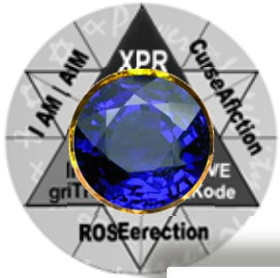
**To end** all mental suffering as I clear the confusion induced by the “God” label, whose abstraction keeps me lonely as I run from the **Mystery**, and angry as I deny the **Truth** that can change *my* life.

## The How of the PaRaDiSe Mystery School is:

**To clear** the confusion by using the darkness of the Bible as a scrying mirror, and see the exact places in the decoding where I get lost and feel uncomfortable as vital **Reminders** of my own shame-based **Secrets**.

## The What of the PaRaDiSe Mystery School is:

**To have** the **Plain** wisdom to do no harm, as my knowing the **Difference** between right and wrong grants me the congruency to *actually* do what I know I am to do.



# Freeing Resources

**THE END ebook:** can you feel how painting is a kind of poetry that makes the unseen visible? Can you also feel how poetry is a kind of painting that makes the unheard audible? Now imagine merging both media into a consciousness primer, to open a multi-modal space in which something is allowed to change... Such love is how this ebook is impossible to dismiss as another spiritual book! It is alive, so candid and provocative in its persuasion that it makes the path of which it speaks – “eXPiRe” – highly believable! Its “masterPeace” is so viral it will inspire you, as it did me, to begin exploring why or how we don’t want to become empowered.

**Hear/SEE ebook:** building on *THE END*, this work of “heART” deepens the sense of *eXPiRe*, and the sentience of a quantum language. It only needs One Word to make our inner Voice visible, and our outer Voice so crystal clear that we are heard and seen. That 3-lettered word is so big it is at the core of all religions. When it is heard and seen (or felt), we understand that which has been with us from the beginning, and is found at THE END of desires. Such find allows the “I” and eye of our observer to let go of its attachment to false sense impressions, and to be able to shift focus from ‘Scare City’ on to ‘the Land of Milk and Money.’

These ebooks can be found on the resource page of [www.emPoweringNow.com](http://www.emPoweringNow.com)



# Disorder & Time

“The increase of **disorder** is what distinguishes past from future, and gives a direction to time.” *Stephen Hawking*

Disorder

Worrying

Lacking

Controlling

Hiding

Obsessing

Hoarding

Where does the past come from, if not from my story? That must be how it is called “history.” The expansion of the universe suggests that it began in time – in a B.B.B. (“Big Bang Beginning”). **The beginning of time is the beginning of mind: the past or the future do not exist, unless I decide – consciously or not – to focus on a memory or an image of them in the now. If time is on my mind, which mind is it?**

**In the classical mind**, that is, *in the space-time that writes history as his story of pain*, time only exists as the creation of flow:

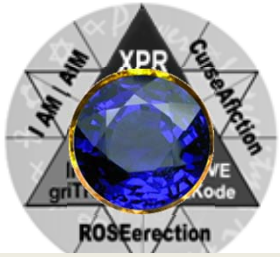
- This flow is observed as moving forward (either too fast or not fast enough).
- This flow is formed by a sequence of now moments, strung together by memory.

**In the Quantum mind**, that is, *in the space-time that is emPowering the NOW*, time transcends the creation of flow:

- It does not have a beginning or an end.
- It honors the theorem of time reversal symmetry, which means that 1) it can remember the future and 2) it can alter the past.

**What is the past you can't seem to alter? What is the future you can't remember?  
Just how much time do you need before you make THE Decision?**





# emPowering the NOW

As spoken per Ken Wilber, research shows that 5% of the world's population has attained the second tier, and that, as the growth continues, it will be 10% within 10 years. Historically, when a new consciousness takes hold in 10% of the population, a tipping point is reached, which results in immense cultural change (second tier is akin to surrender).

emPowering NOW LLC is a privately held Texas based company formed in 2008 with the objective of gathering, engaging and empowering humanity's "next generation" leaders and visionaries to increasingly and progressively sustain the sense of enough. Practically, this is achieved through the receiving of our 1. public content, events, recordings and lectures, 2. paid courses (live and recorded), 3. fee-based coaching services (1-on-1 and group), and 4. an advanced train the trainer program. Each of these offerings is sourced via a global cosmology and curriculum of awakening known as *The Path of XPR* (eXPiRe). Our operations and offerings are grounded in the simple recognition that awakening is "the only game in town".

We live by the knowing that we can lead a horse to water, but we cannot make him/her drink. Our business model and curriculum honor this knowing, and are structured to support students at any level, from laymen to experts. By synergizing the gates to the eternal (Religion, Science and Art), *eXPiRe* goes deeper and broader than any other known modality in existence at this time. As such, the advanced portions of our curriculum will continue to speak to those who are hungry for the secrets behind the universe as the keys to the *Sanctum Regnum*, the "Sanctity of the Self."

Michael T. Wolf, CEO of emPowering NOW LLC



# The Gølden Rule

9		8		7		6		5		4		3		2		1	
Complete		Ordering		Engaged		Rising		PAIRfect		Safe		Changing		Divided		Open	
9	T	8	H	7	G	6	UVW	5	E	4	D	3	C	2	B	1	∞
90	Z	80	F P Ph	70	O	60	X	50	N	40	M	30	L	20	K	10	I JY
900	Z f.	800	P f.	700	N f.	600	M f.	500	K f.	400	Th	300	S Sh	200	R	100	Q

What will it take to change an insane habit, and move to wisdom? The core message on how to do so is simple: “do unto others as you would have them do unto you, love the neighbor... and brush your teeth!” Such is the body of the law, given by Prophets (and dentists) across traditions. Although transcultural, we still can’t hear it, as shown by our many wars and petty ‘toothaches.’ *eXPiRe* speaks to the child in me, to heal the **GR**eed that separates **G**iving from **R**eceiving. When I join my two hands at the thumbs (**5+5**), I see the **10** digits (from French *doigts* for “fingers”) as a 9-branch candelabrum: its giant “Noah’s ark of **GR**ace” hosts the Hebrew letters and their numbers as “**PAIRS**” of animals (e.g.; **4 + 6 = 10**), for my **G**iving/**R**eceiving to be One; **Safe and Rising!**

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